



2021^{EDITION} SCHOOL CHALLENGE

NEW CHALLENGES AT SCHOOL: 10,000 STEPS A DAY IN PREPARATION FOR 5.30 EVENT

PROPOSED BY

5.30 Events Ltd.

with Sabrina Severi – Biologist with Food Science degree

PREMISE

5.30 School Challenge project invites students to participate at our walks at dawn to enjoy and experience the combination of “*movement and healthy eating*”.

We have found that when teachers and their students attend 5.30, within a few years a real custom is created and 5.30 becomes a fixed appointment for the whole school. 5.30 School Challenge is dedicated to high schools to offer new stimuli to those who, for years, have been sharing the dawn with us, giving an epic flavor to our events.

5.30 School Challenge: 10,000 steps a day, was born in 2016 with the aim of offering all students to walk 10,000 steps a day, 365 days a year in preparation for 5.30 event. As simple as it is effective, the message is shared by the international scientific community: walking promotes health.





5.30



Encouraging students to monitor the steps taken in their days is a great achievement, many young people have no idea how many steps they take in their routine. **Walking is the best remedy for a sedentary lifestyle and laziness.** Stop stay on the sofa all the time!
Aiming to take 10,000 steps a day is the ideal message to correct the sedentary lifestyle of young people.

Joining the 5.30 School Challenge is simple...

Talk to your students about the power of movement and exercise as usual, also emphasizing the importance of walking every day and always taking at least 7,000 then 10,000 steps.

Invite students to download a pedometer App on their phone to record the number of steps taken each day.

While waiting to participate in the 5.30, ask the boys:

- how many steps did you take yesterday?
- Do you take the 10,000 steps every day?

Tasks for school students participating in the 5.30 School Challenge...

- 1) Download a free pedometer App on your smartphone; there are several, we recommend downloading those that only count the number of steps. The simpler, the better.
- 2) Take 10,000 steps. With the smartphone in his pocket, he will have to reach the 10,000 steps daily.
- 3) Socialize and walk with other students.

5.30 Events Ltd - 10 Philpot Lane, 1st Floor, London EC3M 8AA

Company No. 10326197

info@run530.com • run530.com

