

Cater Care staff are becoming more active  
one step at a time with our

## *Step into Summer*

10,000 steps staff campaign

(13 February – 30<sup>th</sup> March 2012)



The health and wellbeing of our staff  
is important to us and because *We care for you* our  
**STEP INTO SUMMER** campaign  
(open to all Cater Care staff)  
aims to help us consciously increase our  
daily activity levels and begin a journey towards  
a healthier lifestyle.

We're excited that many of our staff have  
already taken up the challenge and are  
walking their way to a healthier lifestyle.

Remember, any increase in your daily step total is  
positive progress and  
activities other than walking count too!

Happy stepping everyone!  
We hope you enjoy the challenge  
and reap the rewards.

*Care Pride Community*

