

GCC
2012
STARTS
MAY 24

GLOBAL CORPORATE CHALLENGE®



How does it work?



The GCC starts on May 24 and is a fun 16 week virtual walking journey around the world.



You will be in a team of 7. Your team will be one of 25,000 in the challenge.



You each receive a GCC Starter Pack.



Each day you input your recorded pedometer steps into the GCC website with the goal of achieving at least 10,000 steps a day.



The more active your team, the further you progress along the course, the more amazing locations you visit and the healthier you become!

We'll help you get started

Your Starter Pack contains:

- GCC walking backpack
- 2 x GCC pedometers
- GCC walking socks
- GCC stress globe

PLUS, you'll get:

- Individual GCC website access
- Personalised coaching and motivational tips
- Tailored nutritional advice

