

Are you ready for a Step Challenge? (Stay Active and Healthy) (Round #4 - February 5 to March 18 2023)

We hope that you had a restful and relaxing holiday season.

This Step Challenge is **free to join** and supports those with a New Year's resolution of "**A Healthier Me**".

Goal: We are striving to improve last round's number of participants (18) (ages 7 to 72) and total number of steps (5.5 Million).

Why is it Important (Benefits)?

- Improve your physical and mental health with daily easy activities (e.g., walking or other exercise) for all fitness levels and ages.
- 4 ways to win a prize:
 1. Total number of steps (individual)
 - 1 participant out of the top 3 will be randomly selected - \$25 e-gift card.
 2. Most consistent (most days achieving one's daily step goal)
 - 1 participant out of the top 3 will be randomly selected - \$25 e-gift card.
 3. Highest increase of average steps (comparing the first and last week's results).
 - 1 participant out of the top 3 will be randomly selected - \$25 e-gift card.
 4. The funniest action picture (e.g., walking / running, exercising, cycling, etc.).
 - Each participant will submit at least 2 pictures throughout the challenge. Voted by the participants - \$25 e-gift card.

Note: One prize per person. [Prize](#) (select from 73 retailers)

If you would like to buy gift cards for yourself, loved ones or friends, please click [here](#) and use Invitation Code: **4XTSSC**

Note: The **StrideKick** app will help Enchant Your Senses team to update a weekly **Leaderboard** with your daily steps. Please use this report to determine your current position in this challenge.

Every evening, please remember to open the **StrideKick** app [before](#) you go to sleep. Your latest step count will be updated.

What do I need to do?

A. On your phone:

1. Install "[Google Fit](#)". This app will track your steps more accurately.
2. Click [here](#), to **Sign up** and install **StrideKick** app on your phone.
3. Click [here](#) and press **Join** in the top menu to create a **World Walking** account. Press **Apps** in the top menu to install the app on your phone. I will send you an invitation to the "Enchant Your Senses (Round #4)" group.

(BONUS) Click [here](#) and press **Get the App** to install the **Partipation** app on your phone. You can win free gift cards (e.g., amazon, sport chek, etc.) weekly, monthly and quarterly by staying active. So far, they have given away over 51,662 prizes.

Note: If you do not want to use these tools on your phone, please feel free to send a picture of your pedometer (fitness watch) via e-mail to inquire@enchantlyoursenses.com daily.

B. Send an e-mail to me (inquire@enchantlyoursenses.com) with the following information:

StrideKick username	alias (clean and fun)	daily step goal

Age Group	Recommended Daily Steps Goal
Less than 20	2,500
21 to 50	7,500
51 and older	2,500

C. Throughout this challenge, send me at least 2 funny action pictures.

When does this Step Challenge begin and end?

- The duration of this challenge is 6 weeks. It starts on Sunday, February 5 and ends on Saturday, March 18.

Who do I contact with my questions?

- Please send an e-mail to Steven Fong at inquire@enchantlyoursenses.com

Please forward this announcement to your family members, friends and colleagues.

Stay active and healthy.

Sincerely,

Steven Fong
Enchant Your Senses Family



We encourage you to **wander into something new.**

www.enchantlyoursenses.com

