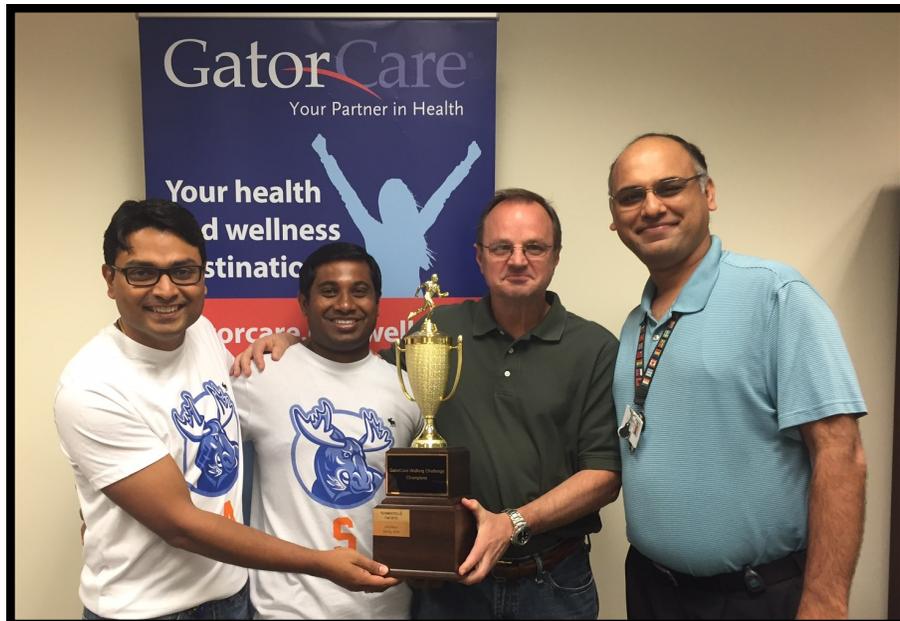




# Spring 2016 Winners

## DASHers



### Competitive Division

**Team average: 734,495 Steps\***

\*Sum of 4 week averages

#### 1. Where did your team name come from?

Hours and hours of brainstorming looking for some dashing name, we then realized it's in our names itself and looks like we were destined for it. The idea did name came from picking the initials from our first names and shuffling them to form a word: **D**eepak, **A**nubhav, **S**atya, **H**ank = **DASH**ers.

#### 2. How did your team stay motivated throughout the four weeks?

We knew to keep the pace for all 4 weeks is the key so we challenged each other using the Fitbit app's Workweek and Weekend Warrior challenges. Everyone wants to win and that pushes everyone to go the extra mile.. and the fun part is that some of team members turn off the auto sync a couple of hours before the close of our internal challenges (we call it BABA mode) and others are wondering how many steps they have to do win the challenge... this sounds funny but it works.. Also the person who loses has to take the bar tab. That's additional motivation!

#### 3. What do you think made your team so successful?

In our team all of us are very athletic and competitive, and YES we do many things internally that keeps us all motivated.

Everyone on the team has a Fitbit and we track each other's steps. We have divided our daily goal in to 3 stages: we try to come office with minimum 10k steps, we make sure we get up and moving during the work day (many times we also do a team lunch walk and walk to subway or Publix to get lunch), and evening walking. Also, adding an extra pinch of "fun" in everything we did helped a lot.

#### 4. What tips do you have for other teams?

It's a great experience, winning or losing, but the fun it brings is incomparable. Even the small goals that you set yourself during the course of competition helps one in pushing their limits which they initially thought was impossible. Last but not the least, you will feel and see the difference in energy and fitness levels so even participating itself makes you winner already; don't miss the opportunity [to work on your health] anytime.

#### 5. How do you plan to stay active beyond this challenge?

Our team works with a theory to never stop improving and we definitely have individual fitness goals with a focus on the next challenge which is not far.

\*Note: Answers edited for length and clarity.