

Staff at the Tortosa factory take more than five million steps in four weeks



The winners and other participants accompanied by Blanca Rius and Josep Sala

The staff at the Tortosa factory have participated very actively in the “Walk, be healthy and win!” campaign, organized by the health prevention service and they walked a total of 5,543,341 steps, a distance equivalent to going from Tortosa to Budapest and back.

Eleven people from the factory accepted the challenge: for four weeks they would walk at least 10,000 steps a day, which is what the WHO recommends; whoever made the most passes would be declared the winner of the challenge. Day after day they accumulated kilometres and health, and the healthy competition between the participants also grew; so that on Wednesdays, the day the weekly ranking of steps was published, the expectation was maximum.

At the end of the four weeks, the competition was as follows: Ramon Roca, was proclaimed champion with a total of 919,548 steps (he averaged more than 30,000 steps per day); Josep Andreu was second, following closely on Roca's heels with a total of 914,671 steps, and Josep Estellé completed the podium with 730,919 steps. Joana Estorach won the draw that took place among all the participants who had exceeded 10,000 steps a day.

Blanca Rius, director of the factory and Josep Sala, doctor of the health prevention service and promoter of the competition, were in charge of giving Ramon Roca and Joana Estorach well-deserved gift vouchers for a stay in a hotel with a spa.

Tortosa, June 28, 2024