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Walking and Talking Meetings: How Iva Became a Winner in the Healthy Eating Walking Challenge

When it comes to competition, Iva Tcolova is the kind of person who can turn anything into a thrilling contest. So, when the Walking Challenge came around, she was more than ready to lace up her sneakers and hit the pavement. Little did she know that this challenge would not only transform her daily routine but also elevate her connections with colleagues, ignite her creativity, and inspire her to try new activities.

The Perfect Timing: First off, the timing couldn't have been better. Summer is a fabulous time in Amsterdam, with abundant sunshine and warmth. And to add a little more motivation to her stride, Iva had her sister's wedding on the horizon. The thought of looking fabulous in her outfit for the big day was the extra push she needed to kickstart her fitness journey. She's wearing clothes she hadn't fit in since she was 18 yrs. old!

Moreover, the looming prospect of a grand vacation in Italy had Iva excited. She knew that exploring the beautiful Italian countryside and city streets would require a lot of walking. So, she decided to make the most of the Walking Challenge both to prepare herself for the adventure.

Walking and Talking Meetings: One of the most remarkable changes in Iva's life during the challenge was her transformation of everyday work meetings. Instead of the usual dull video calls, she suggested walking and talking meetings. She found that discussing projects and brainstorming ideas while walking in the fresh air not only improved her focus, creativity but her listening too.

A Variety of Activities: While walking was the cornerstone of her daily steps, Iva didn't stop there. She embraced a variety of physical activities to keep things interesting. She doubled down on Pilates, embraced the challenge of a CrossFit machine, and even took up cycling.

She discovered a newfound love for dancing. Dancing, it turns out, was an excellent way to celebrate her achievements in the challenge while enjoying the rhythm of life. Whether she was shaking it off on the dance floor or practicing her moves in the living room, Iva couldn't get enough of it.

Each activity brought its unique set of benefits, from improved flexibility to enhanced cardiovascular fitness and all translated to steps.

Support from Teammates: Iva's competitive spirit didn't go unnoticed by her fellow challengers. Her teammates quickly realized that she had the potential to be a top female leader in the challenge. They rallied around her, providing encouragement and motivation every step of the way (pun intended).

Conclusion: Iva's journey in the Walking Challenge was more than just a competition; it was a transformative experience that touched every aspect of her life. She became a healthier, more creative, and more connected version of herself. Her story serves as a testament to the power of setting goals, staying committed, and finding joy in the journey.

So, the next time you find yourself in a meeting, consider taking it outdoors, and who knows, you might just discover a whole new world of possibilities while walking and talking. And if you ever meet someone as competitive as Iva in a walking challenge, don't be discouraged—be inspired to lace up your sneakers and take that first step towards a healthier, more vibrant you!

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Iva Tcolova in Action

