

Lakeside's  
**A MILLION  
STEPS  
CHALLENGE**



A MILLION STEPS • UNLOCK NEW BEGINNINGS

**WHEN WE ALL  
BELIEVE, THERE CAN BE  
NEW BEGINNINGS.**



# A MILLION STEPS - UNLOCK NEW BEGINNINGS

Restarting one's life after finishing a prison sentence is not as straightforward as it seems. For many ex-inmates, it is a journey filled with obstacles – Who would hire an ex-inmate? Where will they live? Will their families accept them back into their lives? They might have been set free from the physical prison, yet new beginnings are out of reach without meaningful action from both ex-inmates and the people around them.

So how does Lakeside help them unlock new beginnings? We journey with ex-inmates by imparting life skills that prepare them for reintegration. We guide them in navigating obstacles and provide referrals for them and their families. With our aftercare services, we provide employment support like job matching and career coaching. We also organise family bonding activities to help them strengthen familial ties. For ex-inmates without good family relationships, we run events for them to connect with volunteer befrienders.

We understand that family and community play important roles in helping ex-inmates reintegrate back into society. And because successful reintegration is linked to reduced re-offending, our support is crucial in creating lasting change. With your support, we can make a positive impact on the lives of inmates, ex-inmates, and their families. In the journey of A Million Steps, every step you take with them helps unlock new beginnings.



# A Million Steps Challenge

Make your steps count! Join our A Million Steps Challenge and as a community, let's encourage one another to take steps to unlock new beginnings!

Between 1 October to 15 November 2024, download our A Million Steps app and start counting your steps individually or in groups of 5!



# Challenge Mechanics

## Challenge period:

1 October 2024 – 15 November 2024

## Challenge categories:

Individual and Group (Up to 5 members per group)

\*Only steps accumulated within the Lakeside's A Million Steps app would be accepted.





# How to participate?

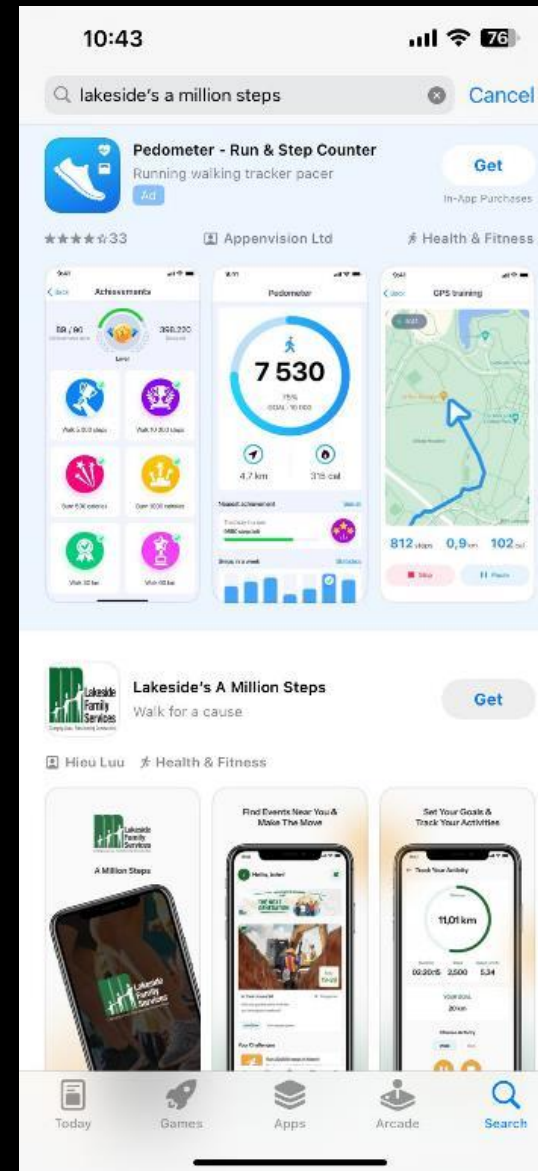
## Step 1 – Download the App:

Download the **Lakeside's A Million Steps** app from App Store:

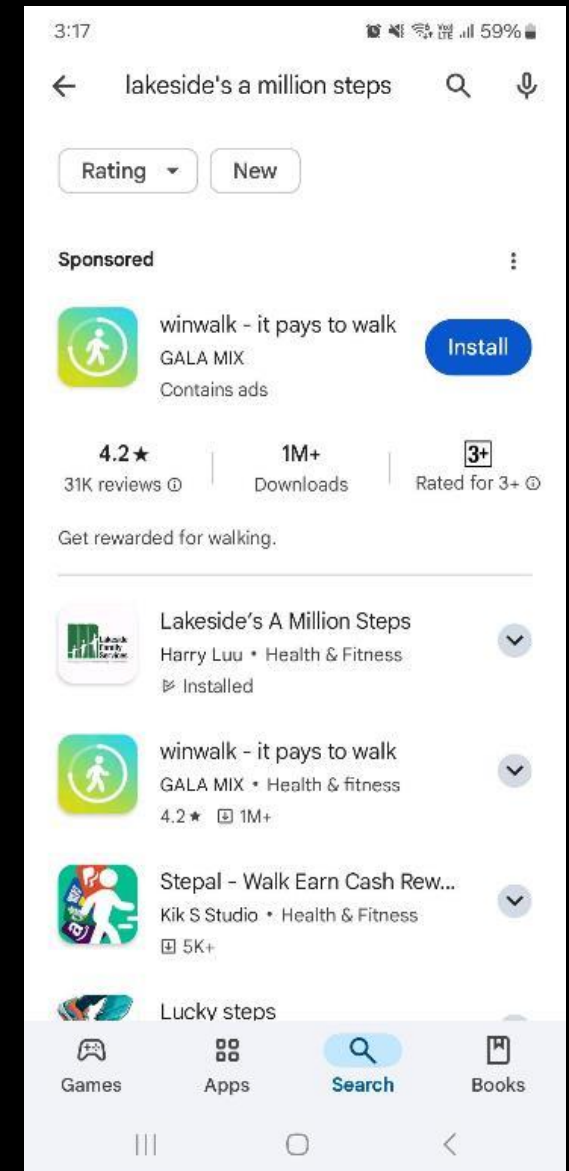
<https://apps.apple.com/sg/app/lakesides-a-million-steps/id6648773724>

Google Play:

[Lakeside's A Million Steps - Apps on Google Play](#)



App Store




Google Play Store

# How to participate?

## Step 2 – Create an account:

Create an account by selecting “Sign Up” and fill in your particulars.

Note: You may ignore “Company Code”



12:12

### Sign in

Email

Password

[Forgot password?](#)

[Sign In](#)

Don't have an account? [Sign up.](#)

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### Create Account

First Name Last Name

Phone Number

Email Address

Password

Company Code (optional) ?

[Sign Up](#)

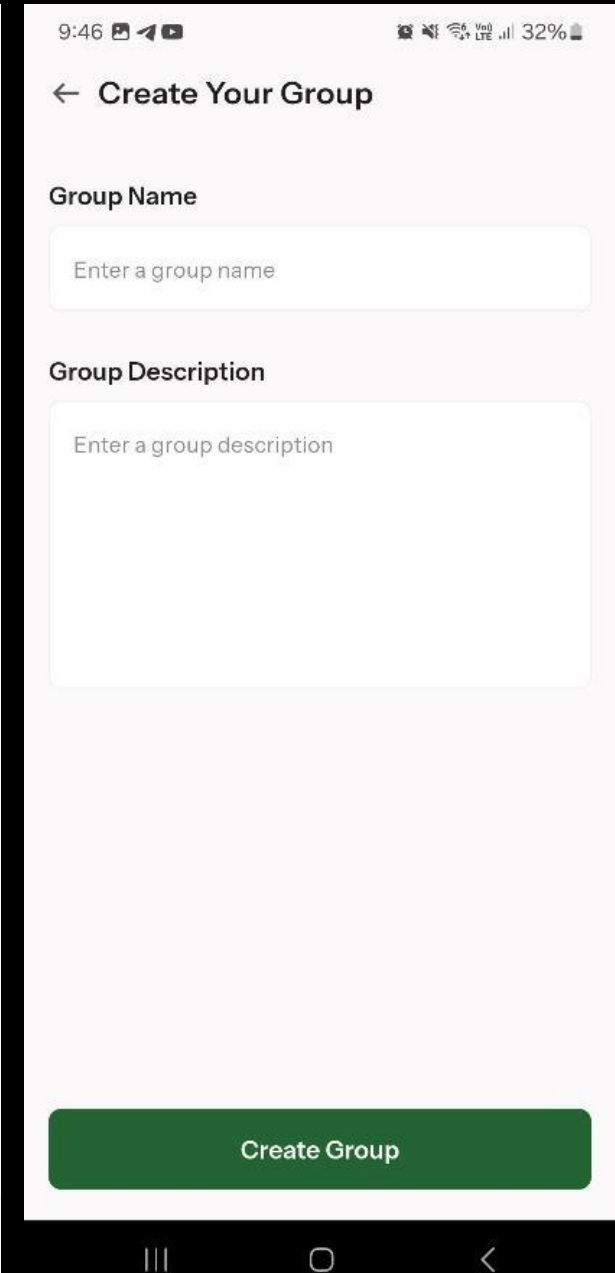
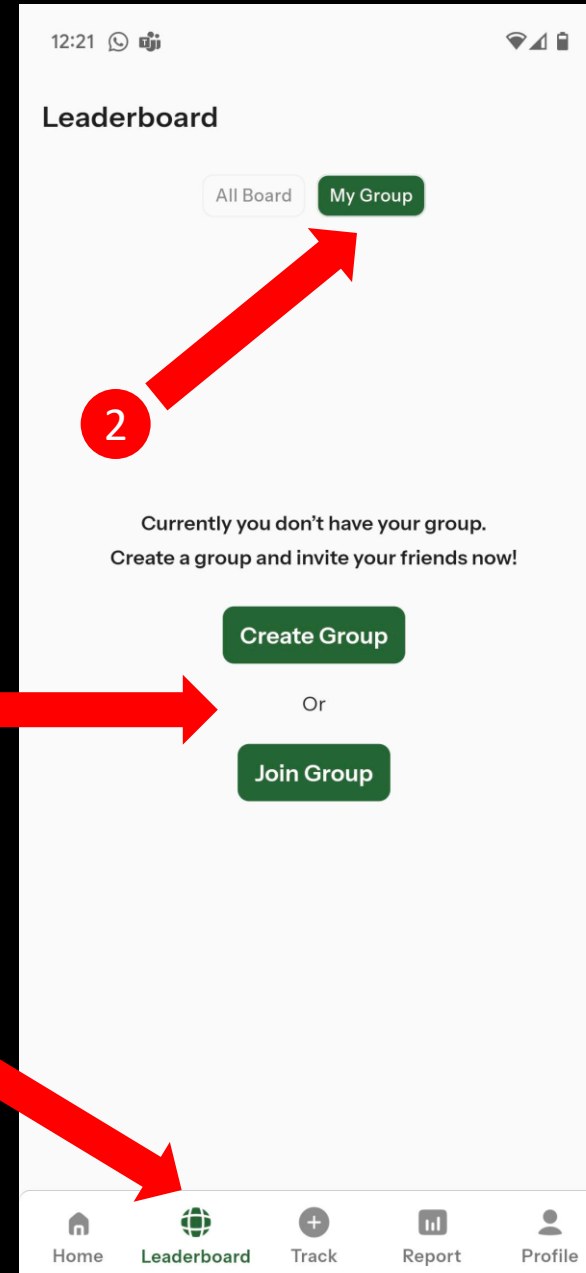
# How to participate?

## Step 3 – Form a Group (optional):

If you like to form a group (of maximum 5 pax) to take on the challenge together,

1. Go to Leaderboard
2. Select My Group
3. Either Create a New Group (and share the Group ID with your group mates) or Join a Group with the Group ID

Otherwise, go to Step 4 to start Tracking your steps



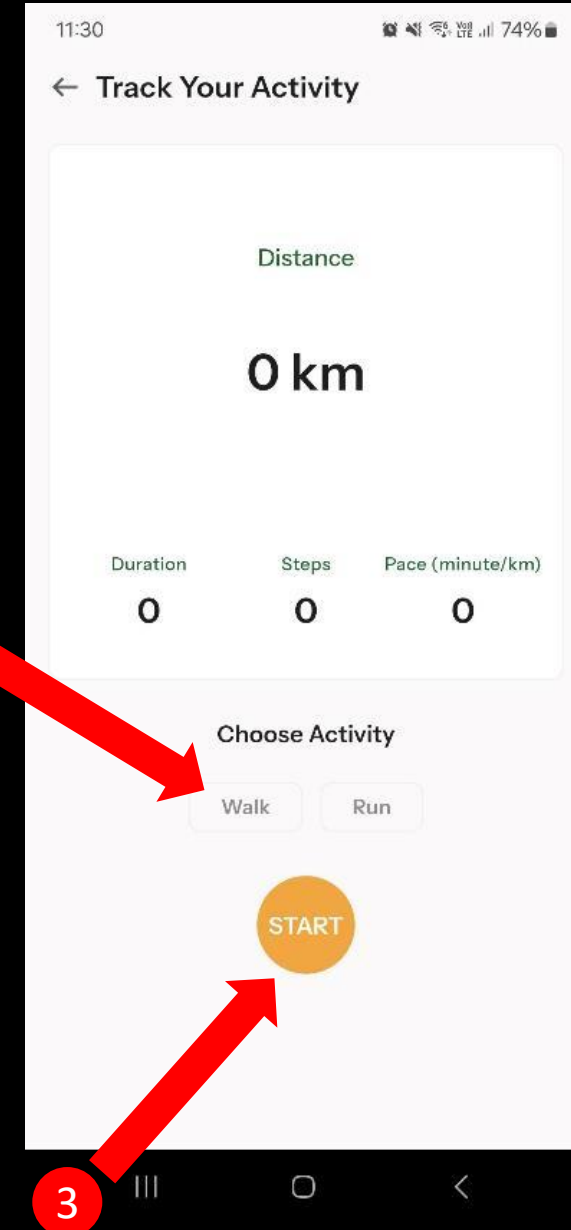
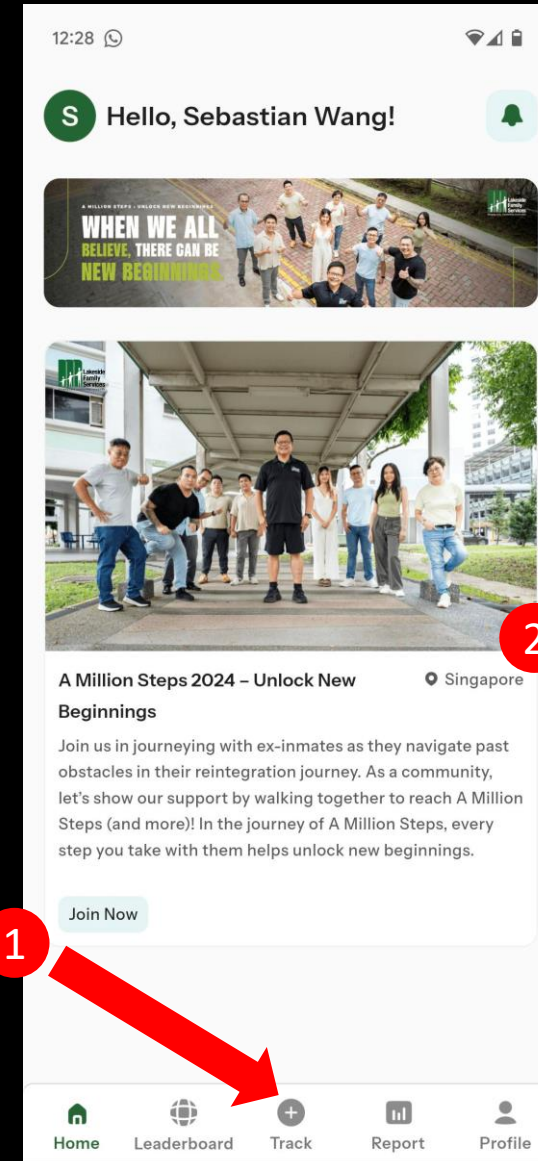
# How to participate?

## Step 4 – Start Tracking:

Every time you are out for a walk / run, simply open the App

1. Select Track
2. Choose your Activity and
3. Select Start
4. Select Stop when you have completed your walk / run

Note: If you also like to track your exercise on your own preferred app, you can run both apps concurrently. Do remember to stop tracking on both apps when you are done

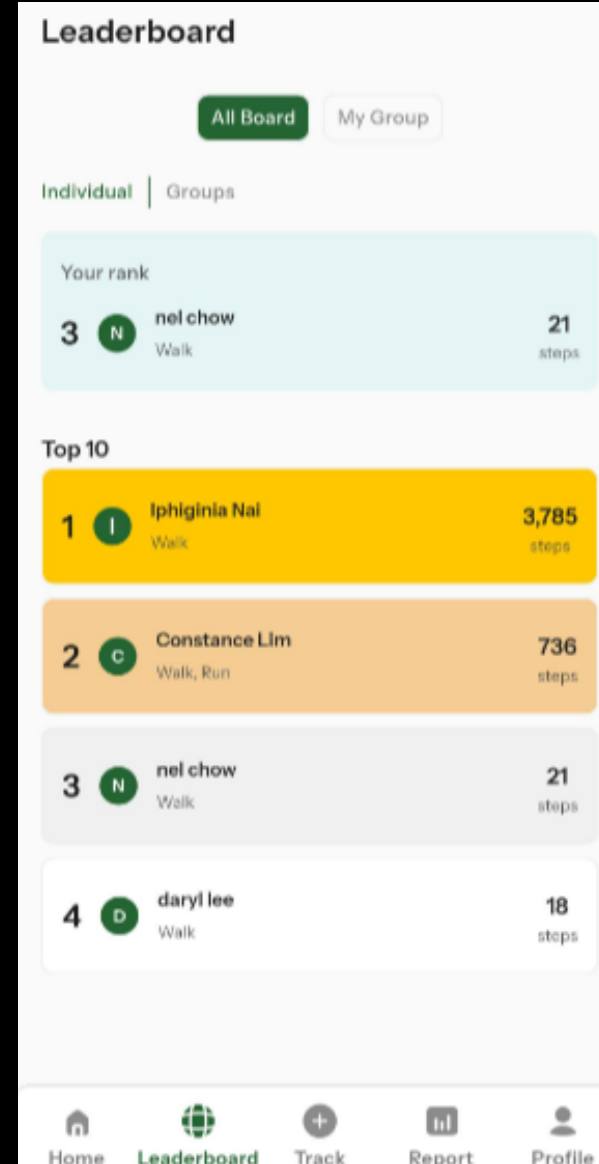
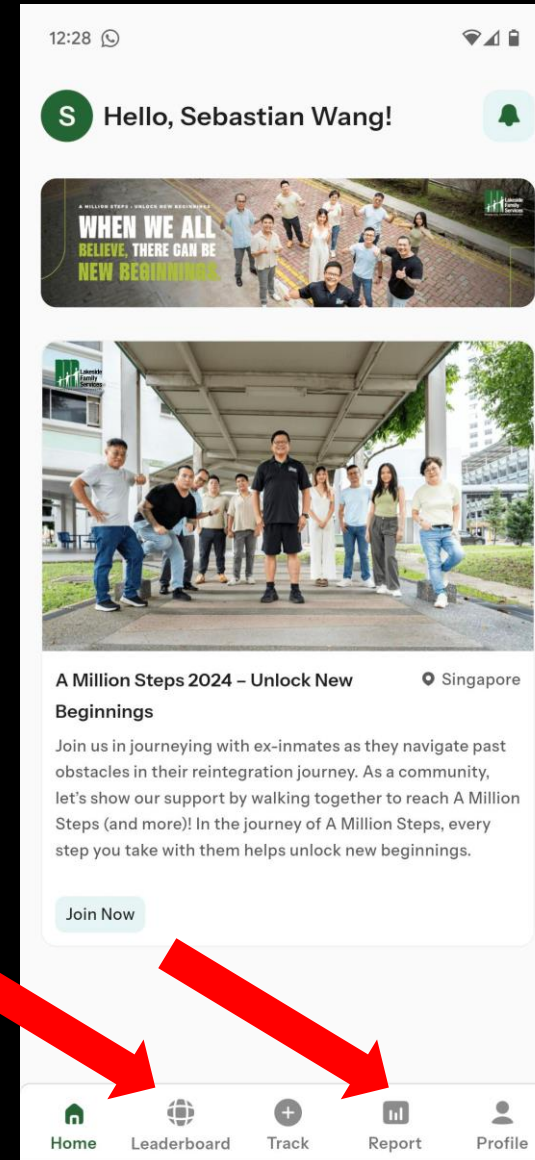




# How to participate?

## Keeping Track:

You may keep track of your progress by using the Leaderboard (Individual or Group) and Report tabs



# Fundraise with Us

Walk and Fundraise for us!

While you are taking part in the challenge, why not share your challenge with your family, friends, or colleagues?

Start a fundraiser and invite them to support you by donating or joining the challenge!

Start your fundraiser here:

<https://lakeside.org.sg/support-us/a-million-steps/#fundraise-with-us>





# Thank You

As a thank you for your support, we have prepared tokens of appreciation for the Top Walkers (both individual and group) who accumulate the most steps\* and fundraise for our campaign on Giving.sg.

Thank you so much for walking alongside us as we journey with our beneficiaries and unlock new beginnings!

\*Random sampling checks may be conducted to ensure submissions are realistic and fair



# For more information

Contact us at [support-us@lakeside.org.sg](mailto:support-us@lakeside.org.sg)

