



## Notice to the editor

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## Around the world with SIX – on foot: workplace health promotion

**From 6 October to 14 November 2015, SIX employees from around the world counted their steps and virtually climbed Mount Everest in 40 days. The Expedition Everbest campaign encouraged SIX employees to be more active in their working lives and helped promote health and wellbeing in a fun way.**

People working a desk job take an average of 2,500 to 3,500 steps a day. To really enjoy the health benefits of walking, though, you should aim for at least 10,000 steps a day. Around 2,000 employees and 120 teams took part in SIX's employee campaign Expedition Everbest and recorded their steps. The target was to virtually reach the summit of Mount Everest in 40 days. Together, the participants recorded a total of 413,113,773 steps in 40 days. With each step representing roughly 0.6 meters, the SIX employees walked a total distance of 247,868 kilometers – enough to walk around the earth nearly six times!

The campaign is not only aimed at promoting an active, healthy lifestyle, but also at raising money for charity. For every 1,000 steps taken by its employees, SIX donated CHF 0.05 to the Kam For Sud relief organization, which translated into a total donated amount of CHF 20,656. Active in Nepal since 1998, the Swiss organization supports a range of projects, including in the regions affected by April's earthquake. Kam For Sud has been active in the area around Kathmandu for many years and sent support to the region shortly after the earthquake in the form of doctors, engineers, experts and builders trained in dealing with the effects of disasters. The organization continues to help with the reconstruction of destroyed villages, particularly in remote, rural areas where other organizations are not or barely present.

Please continue to contact the SIX press office should you require any information about SIX.

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### SIX

SIX operates Switzerland's financial market infrastructure and offers on a global scale comprehensive services in the areas of securities trading, clearing and settlement, as well as financial information and payment transactions. The company is owned by its users (approximately 140 banks of various size and orientation) and, with its workforce of more than 4,000 employees and presence in 25 countries, generated an operating income of 1.8 billion Swiss francs and a Group net profit of CHF 247.2 million in 2014.

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