



Activity Minutes Challenge

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WELCOME TO THE ACTIVITY MINUTES CHALLENGE!

This unique wellness challenge:

- Promotes physical activity in the workplace.
- Encourages a healthy competitive spirit to foster support and encouragement among employees.
- Drives wellness participation rates upward.
- Offers participants easy tracking of activity by providing text, telephone, or online options.

In this Challenge, participants will track the number of minutes of physical activity they complete each day. You will choose the timeline - we recommend 4 to 10 weeks. They will enroll and form teams online. Participants are encouraged to achieve at least 150 minutes per week of moderate activity – based on the 2008 US Federal guidelines. When reporting their activity, they can choose from almost 100 activities – such as walking, swimming, or bicycling. Each activity is classified as moderate or vigorous, and each minute of vigorous activity is weighted equally to two minutes of moderate activity (also following the 2008 guidelines). The team score is based on the number of minutes of activity per team member per day. Participants can report their progress online, or via text message, or by phone call, or using our iPhone and Android apps.

The manual provides a host of promotional materials to assist you in getting the word out about the upcoming Minutes Challenge. Whether you need informative articles to publish in the in-house newsletter, a letter of support

from top leadership, or promotional posters to hang in break rooms, the promotional materials are provided in both print-ready and editable electronic formats. Plus many are provided in word format so customization is a breeze.

The Minutes Challenge is an ideal opportunity to promote further education and awareness about healthy lifestyle habits. The educational resources included in the manual span a variety of wellness topics from physical activity guidelines to healthy eating for active lifestyles. Aside from increasing awareness about personal health habits and becoming more informed about wellness topics, the participant also feels a sense of connection to the challenge when he/she receives regular communication from the Challenge Coordinator.

Also included is a suggested implementation timeline. It is designed to assist you in organizing the planning, promotion, implementation, and evaluation tasks necessary to ensure the Minutes Challenge is a success at your worksite.

The team format encourages a competitive spirit among teams and fosters a natural support network among team members. We believe you will find that the program is ideal to promote and encourage regular physical activity at the worksite.

This Challenge includes realtime, online reports showing participation and engagement in the challenges. Our reporting supports a variety of incentive approaches to fit your program.

To learn more, schedule your demo with one of our health promotion experts at www.extracon.com/demo