



INFORMATION PACK

GET ACTIVE CHALLENGE

CONGRATULATIONS
AND WELL DONE
FOR TAKING UP THE
CHALLENGE!





HOW THE CHALLENGE WORKS

This challenge aims to motivate you to include more exercise each day. The human body is designed to move and there is no doubt that moving more and sitting less is good for your overall health; increases happiness, self esteem, fitness levels and reduces the risk of diabetes, heart disease, weight gain, osteoporosis and cancer.

Our challenge is simple...

- Register as an individual or team of up to 5 people.
- Record daily activity level in minutes of exercise.
- At the end of each week enter the total number of minutes that you have earned that week (if part of a team your team manager will do this).
- Aim for at least 150 minutes (2½ hours) of moderate intensity activity a week

Participant information

- Read the Information Pack and download your Personal Training Plan.
- Plan how you are going to fit exercise into your day.
- Talk to your team about what you can do together; a lunchtime walk or a class after work.
- Download apps such as Strava, Endomondo to track activity.
- Any team member concerned about their health should consult their GP prior to starting the challenge

WHAT SHOULD YOU BE AIMING TO DO?

Rating Number	Perceived Exertion
6	Very, very light
7	
8	Very light - you feel comfortable
9	
10	Light
11	
12	Somewhat hard - you feel tired but you can keep going.
13	
14	Hard
15	
16	Very Hard - you feel very tired, and you are pushing yourself to continue.
17	
18	
19	Very, very hard - the most difficult exercise you have ever done
20	

- The recommended guidelines are to accumulate at least 150 minutes (2.5 hrs) of moderate intensity activity a week.
- Everything counts (e.g. brisk walking, fast housework, active gardening, jogging, bicycling) so long you do it for at least 10 minutes and that you feel warmer and breath faster. For example, a 10 minute walks to and from the station each work day and 10 minutes walk at lunch would all count as activity minutes.
- You can include sport, swimming, rowing, cycling, gardening and dog walking.

The only criteria are that must adhere to is to ensure that you are 12 or above on the scale when you exercise. Ideally your range should be from 12 to 16 for this challenge.



IDEAS TO YOU GET MOVING!

- Try to minimise the amount of time spent being sedentary (sitting) for extended periods.
- Have a clear idea of: how much exercise you aim to do, what sort of activities you will do and how to get started
- Put your weekly chart somewhere where you will see it, maybe put it on the fridge.
- Mix up activities - each has its own benefits.
- Do activities that you enjoy and are easy to get to.
- Exercise in a group, with a buddy or the family. Get others to help and encourage you.
- Drive less, walk/cycle more, exercise whilst watching TV, and take the stairs, not the lift.
- Complement exercise with a healthy diet & plenty of water.
- Be prepared – for those times you fancy exercise. (Maybe keep your trainers by your desk or in your car)



CROSS TRAINING

IF YOU'RE LOOKING TO INCREASE YOUR ENDURANCE LEVEL...

Alternating low-level aerobic activities, such as 20 minutes of stationary cycling, with 10 minutes of higher-intensity exercise, such as stair-stepping or jumping rope. Gradually increase the amount of time you spend on the more intense activity.

These formulas can be used with just about any type of activity—as long as you enjoy it. Combining a group of aerobic activities into one workout at steady or varying intensities is an excellent way to fight the boredom that comes from performing the same daily workout routine.

All exercise sessions, whether they involve cross-training or not, should begin and end with low-level aerobic exercise and stretching to effectively warm up and cool down. And remember, it's always a good idea to check with your doctor before beginning a new exercise programme.



VARY YOUR WORKOUTS

USE THE **FITT** PRINCIPLE TO KEEP VARIATION IN YOUR ACTIVITY.

Frequency- how often you do an activity. Try to do more days and vary the time

Intensity- how much effort you put in during being active. Do some harder workouts, vary your intensity during the workout .

Time- how long you are active for. Try to increase your overall time exercising.

Type- vary the type of activity (swimming, cycling, walking or running)



GET EVERYONE INVOLVED

- Limit everyone's non-active time to less than 30 minutes per day.
- Make outdoor activity a house rule and "set house goals".
- Plan ahead - sit down as a family and plan the week ahead.
- Be creative when choosing activities. Play fast-moving action games like tag etc and explore opportunities your community offers - walk/runs make great family outings. Plan family holidays around hiking, skiing or camping. Take along a ball or Frisbee for rest stops.
- Create a reward system — gold stars for every activity completed. Track progress toward goals on colourful refrigerator charts.
- Choose an "activity of the week".



PLAN ACTIVITIES IN ADVANCE

PLAN YOUR WEEK AHEAD AND BOOK EXERCISE SESSIONS INTO YOUR DIARY.

- Walk or ride your bike to the shops
- Exercise while you watch TV
- Park your car further away in the car park
- Get off the bus a stop earlier
- Use the stairs rather than the lift
- Take a walking break instead of a coffee break

IF YOU'VE BEEN DOING EXERCISES THAT YOU REALLY DON'T ENJOY, YOU'RE LIKELY TO QUIT. MAKE SURE YOU FIND AN EXERCISE OR ACTIVITY THAT YOU LIKE – ONE THAT FITS YOUR PERSONALITY OR NEEDS.

Consider when and how you exercise (e.g. early morning vs. night time workouts, or individual vs. group activity). Don't be scared to try different activities – varying what you do helps maintain interest and motivation.



WALKING PROGRAMMES FOR YOU TO FOLLOW

BEGINNERS WALKING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	2	30:00	30:00	31:00	31:30	3 to 5
2	2.5	36:30	37:00	37:30	38:00	3 to 5
3	2.5	36:00	36:30	37:00	37:00	3 to 5
4	2.5	35:30	36:00	36:30	37:00	3 to 5

INTERMEDIATE WALKING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	2	25:30	26:30	27:30	28:30	3 to 5
2	3	41:00	42:00	43:00	44:00	3 to 5
3	3	40:00	41:00	42:00	43:00	3 to 5
4	4	54:00	55:00	56:00	57:00	3 to 5

JOGGING PROGRAMMES FOR YOU TO FOLLOW

BEGINNERS JOGGING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	1.5	16:30	17:30	18:30	19:30	3 to 5
2	1.5	15:00	16:00	17:00	18:00	3 to 5
3	2.0	18:00	19:30	20:00	21:30	3 to 5
4	2.0	17:00	18:00	19:00	20:00	3 to 5

INTERMEDIATE JOGGING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	3	24:00	25:00	26:00	27:00	3 to 5
2	3	23:00	24:00	25:00	26:00	3 to 5
3	3	22:00	23:00	24:00	25:00	3 to 5
4	4	30:00	31:00	32:00	33:00	3 to 5

CYCLING PROGRAMMES FOR YOU TO FOLLOW

BEGINNERS CYCLING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	3	12:00	12:30	13:30	15:00	3 to 5
2	4	16:00	16:30	17:00	20:00	3 to 5
3	4	15:00	15:30	16:00	19:00	3 to 5
4	5	18:00	19:30	21:00	25:00	3 to 5

INTERMEDIATE CYCLING PROGRAMME

Week	Distance (Km)	Approximate time target mins /seconds				Frequency per week
		Age				
		Under 30	30-39	40-49	50+	
1	6	11:00	12:00	13:00	14:00	3 to 5
2	7	16:00	17:00	18:00	19:00	3 to 5
3	8	19:00	20:00	21:00	22:00	3 to 5
4	4	18:00	19:00	20:00	21:00	3 to 5

GOOD LUCK ON
THE CHALLENGE

