



MINUTES OF MOVEMENT

A PHYSICAL ACTIVITY CHALLENGE

INSTRUCTIONS

Welcome to the Challenge!

Minutes of Movement is a 2-week team-based challenge designed to motivate you to move. Physical activity is an important part of a healthy lifestyle, so let's work together to add more movement to our day – every day!

The key to maintaining regular physical activity is to find something you enjoy doing. You can go for a walk, play a game of tennis, or do some stretches during your lunch break. In this challenge, points are awarded for every minute of movement, so if your body is moving, those minutes count!



Submitting your Minutes of Movement

Track and record your minutes of activity each day and report them on your challenge website. Just select your Team Name from the list and submit your total minutes for the day – up to 60 minutes each day. All activity counts, so do something you enjoy! The more you move, the more points you earn for your team!

Want to know how your team is doing? Track your progress on our leaderboard found on the challenge website. The more minutes your team members submit, the more points you gain. Work together to see your team climb to the top of the leaderboard and win the challenge!



Don't forget to check out the Team Challenge Resource Centre for helpful tips and information to support you throughout the challenge!

Note: Consult your health care professional before beginning any exercise program.