

Getting Started with the 1,000 Minute Club Challenge

Are you looking for some motivation to include more physical activity in your everyday routine? Participating in our **1,000 Minute Club** challenge can give you the motivation you need to reach your fitness goals! This challenge encourages everyone to be physically active for 1,000 minutes during a six-week time period.

1,000 minutes sounds like a lot, but to reach your goal you'll only need to be physically active for 33 minutes five days a week! More good news - any type of physical activity counts! For some of you, this is already a habit –so keep it up! For others, you may need some support to get your minutes in, so please ask your coworkers for ideas. A lunchtime walk is a great way to get in your daily physical activity. Remember - teamwork can keep you motivated and will make it fun!

Next steps:

- Sign the pledge form, pledging your commitment to yourself to be physically active for 6 weeks.
- Start using the tracking form to record your daily minutes during the designated six-week time frame.
- Don't forget to make every moment count! Go for a bike ride on the weekend, take the stairs at work, share a lunch time walk, etc.

What's the best way to make it to 1000 minutes? Take one small step at a time!

