

# STAFF CHALLENGES



## 150 and Beyond Challenge

[Canada's physical activity guidelines](#) recommend that adults participate in at least 150 minutes of moderate to vigorous physical activity each week. This can lead to improved fitness, strength, and mental health while reducing the risk of numerous chronic diseases such as heart disease and Type 2 Diabetes.

### Timeline:

The 150 and Beyond staff challenge should last 1-4 weeks. Strive for 4!

### Goal:

Each participant will strive to do at least 150 minutes of moderate to vigorous physical activity each week. Try various activities including aerobic (cardio), flexibility, balance, and strength activities.

### Instructions:

1. Each participant needs a tracking sheet. Use the attached excel tracking sheet, or sign up for free with [www.uwalk.ca](http://www.uwalk.ca).
2. Each time the participant exercises, he/she must record the number of minutes in their tracking sheet.
3. At the end of each week, each participant must send the physical activity tracking sheet to the organizer.
4. Each week that a person meets the goal of 150 minutes of moderate to vigorous physical activity, his/her name will be entered in a draw to win a draw prize at the end of the challenge.

### Note the difference between *moderate* and *vigorous* physical activity.

1. Moderate-intensity activities will cause a little bit of sweating and slightly harder breathing. This could include activities like a brisk walk or bike riding.
2. Vigorous-intensity activities will cause more sweating and individuals will be out of breath. This could include activities like jogging or cross-country skiing.