

30/30 Challenge

The 30/30 challenge is simply doing 30 minutes of intentional physical activity for 30 days. In this challenge, the intentional activity can be in 5 minute increments to count as part of the 30 minutes.

- Give each participant a monthly calendar.
- Each day participants will log minutes of physical activity.
- Encourage employees to be active for at least 5 minutes of each break.
- Encourage employees to be active for 10-15 minutes of lunch break.
- Take photos of employees participating in physical activity & put in newsletter.
- Have drawing at end of month from those who were able to complete the 30/30 Challenge for small prize –gift card, etc.



30/30

30 minutes

30 days

Be physically active for 30 minutes daily for 30 days. Each 5 minutes of physical activity counts!

The **30/30 Challenge begins:**
