



# Workplace Challenge

## #goforgold

### GO FOR GOLD

This year the workplace challenge has an Olympic theme.

Can you achieve Bronze, Silver or Gold for your Team!



## How to Play

- Each day of July you will be introduced to a different member of Team GB's squad for Rio.
- As well as learning a bit about that athlete and their sport, you'll be challenged to achieve a Bronze, Silver or Gold medal for you and your team based on the amount of 'Active Minutes' you clock-up that day.
- 30minutes for Bronze, 45minutes for Silver and 60 minutes for Gold.
- Your minutes of movement will contribute to your teams total and at the end of July, we'll see who is the most active team and organisation in Sheffield.
- You'll see an update on a daily basis of your score and your teams scores and you can see how other organisations are doing via the Workplace Challenge portal so keeping checking in for updates.
- Look out for bonuses like 'double your minutes' days to give you and your team the edge over your competition.





# Get the App

Download and start tracking your active minutes for free.



iPhone



Android

## Using the App

- The Move More App that you've downloaded will be used to 'power the challenge' by recording how much you move on a daily basis.
- You receive feedback on your movement in the form of an 'Active Minute'.
- Any movement of the phone will count towards your total, even going from sitting to standing or slow walking and so it really is a case that every minute counts.
- In this version it won't tell you how intensive your activity was, that's something for the next time.
- You don't need to press start or stop to record your movement, the app does it automatically, all you need to do is carry your phone with you for your movements to count.

## Not got the App?

If you've not got the app you can always manually enter your daily steps from a pedometer or similar device and we'll convert those into Active Minutes for you so you can still take part.

