



600-Minute Challenge

Focus Area: Physical Activity

Objective: Is it possible to add more movement to your day at the office? Yes! Taking the 600-Minute Challenge will help motivate you to stand and walk more often at work, while providing health benefits. This challenge encourages employees to be physically active for at least 600 minutes over a four-week period.

Length of Challenge: 1-month

Materials Needed: 600-Minute Challenge Tracking Sheet

Directions:

- Use the Challenge Tracking Sheet to track your daily active minutes.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite office and/or with AWS employees.

Getting Started:

1. Decide what dates your "600-Minute Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will let you know they participated.
4. Announce the challenge to employees! (This can be done via email, eNewsletter, department intranet and/or flyers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to participate in the "600-Minute Challenge".
6. Print or attach via email the "600-Minute Tracking Sheet" and distribute to all participants.
7. As the challenge comes close to an end, send out wrap-up email to participants.



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