

— THE —
**WELLBEING
CHALLENGE**



Gentrack

THIS WEEK'S

Get Moving **CHALLENGE**



Research says 150 minutes of exercise per week is required for good general health. This week do a minimum of 30 minutes each day for 5 days of moderate to vigorous exercise and score more points!

For every 30 mins exercise, earn 1 point - if you do

5 DAYS of 30 minutes

you will earn an additional ...

**10
POINTS**



info@thewellbeingchallenge.co.nz