

— THE —
**WELLBEING
CHALLENGE**



THIS WEEK'S

Get Moving **CHALLENGE**

Apparently 150 minutes of exercise per week is required for good general health. This week do a minimum of 30 mins 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
add an additional

10
POINTS



info@thewellbeingchallenge.co.nz