

What's the Best Way to Move?

It can be tough to include more exercise into your busy workday, but if you're struggling to do it on your own, starting a healthy and competitive step challenge is one way to go...

CHALLENGE ACCEPTED

Encouraging physical activity at work is essential, and one way to do it is by having fun wellness challenges for all employees. These challenges build a friendly atmosphere, boost happiness, and make employees feel good about their work. But which challenge is the best to begin with?

Well, a simple activity like walking is perfect because everyone can join, no matter their fitness level. Challenges focused on steps promote healthy habits both at work and outside, create friendly competition, and keep everyone motivated in the organisation.

Getting involved in a step challenge at work can be a fantastic idea to combat physical inactivity and promote a healthier lifestyle. Step challenges provide an opportunity for you to incorporate more movement into your daily routine without disrupting your work tasks. Taking short walking breaks, using stairs instead of elevators, or going for a stroll during lunchtime can add up to significant steps and boost overall physical activity.

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CONVERGE MOVE CAN GET YOU ON TRACK

On any day, the average person currently takes about 3,000 steps – way under the recommended 8,000 steps. Sometimes it feels like it's just not practical to do more, but with the Converge App, things can change! **If you're new to the app, the platform can assist by:**

- Giving you tips to increase your activity levels, while demonstrating how physical activity affects your mood, sleep, and heart health.
- Helping you see physical activity in a new light, allowing you to re-evaluate its significance and importance. You effectively 'reprice' its value, leading to positive changes.

According to our data nerds at Converge, on average our users increase their steps to 11,870 steps per day — and, in case you're wondering, that's 8.2 kilometres.

Here's the interesting part. This change in exercise habits isn't only for young and fit people; it's for everyone! In fact, the ones who quickly adapt to new habits are mostly women around 50 years old. They engage in what exercise specialists call 'low impact exercise', like walking and step aerobics.

These women cover a lot of ground, burn many calories, lose weight, and see significant improvements in their health. The secret lies in doing these exercises almost every single day.

ONE STEP AT A TIME

There are several factors which can help you increase your steps, but having a set goal (such as a daily step count) is one of the best ways to keep you on track.

WHAT'S THE BEST WAY TO MOVE?

A goal can also help with increasing your steps. Contrary to popular belief, you don't have to start high impact exercises, like hiking, to complete your goals. While it's true that those of us who do more intense cardio are fitter and healthier, they only do these exercises three times a week on average. Walkers, on the other hand, tend to be more consistent, walking 6-7 days on average. This consistency in stepping can lead to better overall progress in a step challenge.

You're also more likely to stay on track with your goal if other people are doing it with you. Sharing your progress, challenges, and achievements with others fosters a sense of camaraderie and accountability. Knowing that others are taking steps towards their goals alongside you creates a positive peer pressure that nudges you to stay on track.

Converge Move is a fun, team-based, physical activity challenge that's guaranteed to get your people connected and on the path to good health using the Converge App. One six-week Move challenge is **completely free** to Converge customers during the first 12 months, following the release of the Converge App.

Remember the story of the tortoise and the hare?
Slow and steady wins the race!

Here are some creative ways employees and organisations can incorporate step challenge activities at work with Converge Move:

- 1. Walking meetings:** Walking meetings instead of traditional sit-down sessions not only helps increase steps counts but can foster creativity and engagement.
- 2. Stairway to success:** Promote stair usage by organising 'Stairway Challenges'. Encourage others to use the stairs instead of elevators and create a fun reward system for those who climb the most steps.

- 3. Virtual race:** Move can help you move anywhere, if you have a wearable device or tracker. It's a fun and easy way to see how much you're moving for your daily goal.
- 4. Walk for charity:** Tie the step challenge to a charitable cause. For each step accumulated by teams, the organisation can donate a certain amount to a charity of their choice. This adds a meaningful purpose to the challenge.
- 5. Lunchtime strolls:** Designate a walking path around the workplace or nearby park, and encourage others to take lunchtime strolls together. It's an excellent way to socialise, bond, and increase step numbers.
- 6. Step bingo:** Create a step bingo challenge with various walking activities (e.g., "walk 500 steps before 10 am" or "take the stairs twice in one day"). Employees can cross off squares as they complete each activity.
- 7. Step rewards:** Offer fun rewards for reaching step milestones, such as gift cards, healthy snacks, or extra time off. Recognition and incentives boost engagement and drive participation.
- 8. Climb the leaderboard:** Use the Converge Move leaderboard to display top performers and celebrate their achievements regularly to keep motivation high.

FIND OUT MORE

