

A vibrant illustration of a globe with several people in athletic wear performing various exercises like yoga and stretching on its surface. The background is a mix of teal and yellow, with falling confetti or raindrops in the top left corner.

# 30 Minutes a Day Challenge

## Can You Exercise 30 Minutes a Day?

This Challenge lets you pick the type of exercise that you do. Variety is important with exercise. Strength train some days, do various types of cardio some days (running, walking, swimming, elliptical machine, dancing, etc), stretch some days. Let your body get the benefits of all types of exercise. Just commit to 30 minutes a day of some type of exercise on most days. Prizes will be given out to the top 3 individuals who are successful the most days. One prize will be given out to the department that has the most participation and most successful days.

**INDIVIDUAL PRIZES:** Prize baskets will be given out to the top 3 finishers (names will be drawn if there is a tie)

**DEPARTMENT PRIZES:** Department with the highest amount of days successfully completed based off of their total # of full-time employees will have a choice of prizes for the department: treadmill, water fountain, rowing machine, or massage chair)

**START DATE:** Monday, July 1

**END DATE:** Monday, September 30

**LOG SHEET DUE:** Monday, October 7

**REGISTER NOW:** Click [HERE](#) to Register for the Challenge OR CONTACT Sarah Williams at (704) 832-2329 or [swilliams@co.iredell.nc.us!](mailto:swilliams@co.iredell.nc.us)

# **30 Minutes a Day Challenge**

## **What is the “30 Minutes a Day Challenge”?**

A challenge encouraging you to get a variety of different types of exercise on most days. Walk some days, swim some days, use an elliptical machine, ride a bike, dance, strength train, stretch, do yoga, etc. Your body benefits from doing different activities and challenging itself in different ways so here's an excuse to try different things, just make sure that you are getting in at least 30 minutes of exercise a day on most days. It is a good idea to vary the intensities of your workouts so some days you should take it easier and some days you should workout more intensely.

## **How Does the 30 Minutes a Day Challenge Work?**

1. Think about types of exercise that you would like to do.
2. Beginning on **Monday, July 1** start tracking the days that you are successful in exercising for at least 30 minutes a day. You will receive a log sheet after you sign up.
3. Turn in your completed Log Sheet (with Name, Department you work in, and the total number of days that you exercised at least 30 minutes) to Sarah Williams ([swilliams@co.iredell.nc.us](mailto:swilliams@co.iredell.nc.us) or send through the inter-departmental mail). **Log Sheets must be turned in by 5:00 pm on Monday, October 7.**

## **What Are the Individual Prizes & How Will the Winners Be Determined?**

The top 3 individuals who are successful in exercising at least 30 minutes a day for the most days will receive a prize basket. In the event of a tie, names will be drawn for the winners.

## **What Are the Departmental Prizes & How Will the Winning Department Be Determined?**

The department that has the most participation and the most successful days will receive their choice between a treadmill, a rowing machine, a bottle filling station water fountain, and a massage chair. The winning department will be determined by looking at the total number of full-time employees in their department to determine the total number of days that those employees could have possibly achieved the goal (92 days per person in the department). The department who accomplishes the most days per full-time employee in their department will win the departmental prizes. In the event of a tie, the winning department will be drawn.

*If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, call Sarah Williams at (704) 832-2329 and I will work with you to develop another way to qualify for the reward.*