

LET'S MOVE FOR A BETTER WORLD

12th - 27th March 2024



WHAT IS 'LET'S MOVE FOR A BETTER WORLD'?

- This is the largest world-wide campaign dedicated to raising awareness about the importance of movement for a healthy lifestyle.

HOW DOES IT WORK?

- MOVEs, which are a unit of measurement for objectively assessing your lifestyle based on the activity you engage in, are accumulated by everyone in the challenge. Eg a brisk 30min walk equates to 200 MOVEs.

WHY GET INVOLVED?

- We need your help to hit our target of 1million MOVEs over 16 days.
- When we hit this target we'll qualify for a Technogym Wellness Kit which we will donate to Revesby Workers Football Club.
- Get active, burn calories & start MOVing more.
- Prizes up for grabs.

PRIZES:

- Every entrant who clocks over 5,000 MOVEs during the event will go in the draw to WIN one of three 1 MONTH MEMBERSHIPS.
- First 90 to sign up to our team will receive a LMBW branded bottle.

HOW DO I SIGN UP?

- Click the Challenge tile in our Health Mates app & join. Free & simple!

HOW DO I LOG MY MOVEs?

Options:

- At Health Mates: log into our cardio equipment using the QR code at the top right corner of the screen.
- Outdoors: 3rd party GPS applications or devices connected to your Health Mates app (minimum of 500 MOVEs to count as GPS activity).
- Note: a maximum of 2,000 MOVEs per person per day will count towards the challenge.

MOVE WITH YOUR MATES!

- Every Wednesday invite your friends to log MOVEs with you for FREE! All we ask is they enter the challenge and get involved. They must be 18yrs+ and a member of RWC.

SET GOALS!

- Set yourself a daily MOVE target. eg 1000 MOVEs.
- Make a MOVE date with your buddies.
- Extend your warm-up to clock more MOVEs.
- Try something new! eg Vario or Climb.

GET SOCIAL:

#letsmoveforabetterworld