



Irish Life  
health

# Workplace **FITNESS** Challenge

## Get your company moving!



22nd May to  
30th June!

## Your guide to the Irish Life Health Workplace Fitness Challenge

# Welcome



Welcome to the Irish Life Health Workplace Fitness Challenge, and congratulations on getting involved in a programme that will benefit the physical and mental health of everyone involved!

It's clear that a healthier, happier workplace is in everyone's best interest, so engaging employees from across every department and demographic is important.



22nd May to  
30th June!

To ensure that your company gets the most out of the programme, here are some helpful hints and tips that will have your employees increasing their levels of physical activity, moving their MET and feeling fantastic.



**"The Move Your MET app is designed to encourage users to strive for improved fitness levels, and as a result better health"**

Dr. Sarah Kelly,  
Lecturer in Clinical Exercise Physiology  
in the School of Health and Human  
Performance, DCU

Workplace  
**FITNESS**  
Challenge

## What's next?

1

Appoint an internal ambassador to lead the challenge

2

Share communications with employees from our online resource page

3

Receive your starter pack

4

Get employees to download the Move Your MET app

5

Set targets and communicate them to everyone

6

Complete the 6 week challenge

### 1. Choose a challenge ambassador to inspire your employees

It's really important that the ambassador you choose is someone who is able to motivate, inspire and lead by example. It's not necessarily about the fittest employee, but the person who will be dedicated and approachable, with good communication skills and a positive attitude.

For larger companies, creating a sub-team to aid the ambassador is a good idea to help spread the word and keep the employees informed.

The ambassador you choose will help co-ordinate the challenge and be the person we liaise with.

**Healthier employees are more capable, engaged, productive and happy.**

### 2. Get all your departments involved

Use every facility at your disposal, and ask for as much help as possible!

Suggestions:

- > Get the leadership team involved
- > Plan internal communications to promote the challenge
- > Use emails and notice boards to keep everyone informed
- > Download posters from the resource page on [www.irishlifehealth.ie/moveyourmet](http://www.irishlifehealth.ie/moveyourmet)
- > Place posters in prominent places
- > Ask the catering team to include some healthier options (ie visual menu: Today's 'Move Your MET' dish)
- > Collaborate with your HR team on how they can support and encourage staff.

Keep in mind that the key objective is to promote increased physical activity in the workplace, and internal promotion is important. Employees will no doubt be delighted to have this helping hand on offer; and you'll find that most people are accepting of encouragement when it comes to improving their health.

### 3. Receive your starter pack

Your pack will include: posters, flyers, employer and employee guides and promotional items.



Increase  
your MET score  
over 6 weeks by

1

& you could  
reduce your  
risk of a cardiac  
incident by

15%

& you could  
reduce your  
risk of premature  
death by

13%

Source: Kodama et al., 2009, JAMA

## 4. Download the Move Your MET app

For employees to participate in the Irish Life Health Workplace Fitness Challenge, they must download the free Move Your MET app and select their company name under the drop down menu.

## 5. Set targets as a company to improve the overall MET score.

## 6. Create a challenge

Why not make a mile-long route near the office for walkers, and a 1.5 mile course for joggers and runners?

Employees can go out by themselves any time, or with a group before work, at lunch or before heading home. Group sessions create a sense of camaraderie and teamwork and help keep people motivated.



## Example of how to map your route



1 mile walk



1.5 mile run

“Exercise is medicine.  
If it could be prescribed,  
it would be the most  
prescribed pill in the world.”

Prof. Niall Moyna,  
Head of School of Health and Human  
Performance, Centre for Preventive Medicine,  
Faculty of Science and Health, DCU



## Integrate the challenge into your existing Wellness Programme

Many companies already have a programme in place to promote wellbeing, and the good news is that the Irish Life Health Workplace Fitness Challenge will complement any existing programme. An internal brainstorm specifically related to your company is a great idea, but here are a few tips to get you started:



**Suggest stand up meetings**  
or even consider stand up desks.



**Encourage staff to take the stairs**  
posters are available to download on our website.



**Organise challenges**  
and fun runs to keep employees engaged.



**Bike to Work**  
Make employees aware of this scheme and suggest cycling to work.



**Provide incentives to participating employees**  
t-shirts, photo postings will boost morale and encourage others to get involved.



**Keep everyone on track**  
follow us on social media and visit our website. Circulate material to employees.



**Keep employees inspired**  
Set up motivational talks. If you're already with Irish Life Health speak to your account manager to book a session.

## Keep in touch!



[www.irishlifehealth.ie/moveyourmet](http://www.irishlifehealth.ie/moveyourmet)

## What's next for Employees?



Receive Employee Guide/download from website.



Download the Move Your MET app and set up profile.



Follow us on social media for hints and tips on how to Move Your MET.



Perform first test to measure MET between  
**May 22nd - June 4th.**



Set target MET score.



Take small steps each week to move their MET.

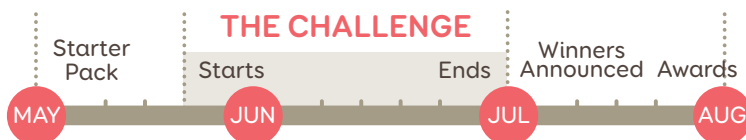


Perform test in the last week of the challenge to submit final MET score between  
**June 26th - June 30th.**

To participate in the challenge employees must perform a valid MET test in the first two weeks and last week of the challenge.

Challenge starts on May 22nd and ends on June 30th.

Visit our website for further information on prize categories.



**Irish Life  
health**