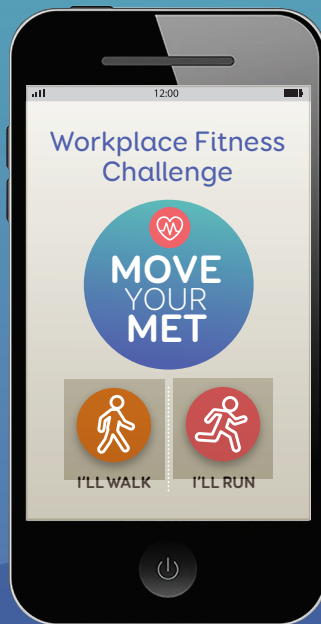




Irish Life  
health

Workplace  
**FITNESS**  
Challenge

Get active and  
Move Your MET!



22nd May to  
30th June!

All you need to know about participating  
in the Workplace Fitness Challenge 2017

# Welcome



Welcome to the Irish Life Health Workplace Fitness Challenge and congratulations on participating in a programme that will benefit your fitness level and overall health!

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

## About the challenge

Unfortunately at this moment in time we're not the healthiest nation and yet surprisingly we think we are. We often claim we're in good health and getting sufficient exercise and yet the reality is we're not. For those that do want to become more active, the barrier most frequently referenced is "being too busy at work".

Developed by Irish Life Health in conjunction with Professor Niall Moyna and Dr. Sarah Kelly from DCU, the challenge is a six week programme where everybody, regardless of current fitness level, can improve their level of fitness through simple, attainable adjustments to their lifestyle. Whether that's taking the stairs instead of the lift or going for that lunchtime walk.

## What is your MET?

A MET is a simple yet effective means of expressing your cardiovascular fitness level. The higher your MET capacity or your MET score, the fitter you are.

1 MET is defined as your resting metabolic rate, that is the amount of oxygen that your body uses at rest while sitting quietly in a chair. As such, if your maximal MET score is 9.5, this means that you are able to exercise at 9.5 times your resting level.

Your ideal MET score will depend on your gender and age. For individuals over the age of 18, it is recommended that you have a MET score of at least 10.

### Why is your MET score important and why move it?

Your cardiovascular fitness level is a great predictor of how healthy you are and your risk of dying prematurely. For every 1 MET increase in your fitness level, your overall risk of a cardiovascular incident is reduced by 15% and risk of premature death is reduced by 13%. Therefore your MET score in addition to being a measure of your physical fitness is also a great indicator of your overall health.

(Source: Kodama et al, 2009, JAMA)

Being active reduces the risk of heart disease, stroke, type 2 diabetes and other heart diseases by 20-50%.

(Source: Kodama et al, 2009, JAMA)

## MET activity classification



# What does your MET score mean?

## MEN

%	Description	MET Score					
		20-29	30-39	40-49	50-59	60-69	70-79
1	Very Poor	7.6	7.6	7.1	6.5	5.6	5.2
5	Very Poor	9.1	8.9	8.4	7.7	6.7	5.9
10	Very Poor	9.9	9.7	9.2	8.4	7.3	6.6
15	Very Poor	10.5	10.1	9.7	8.8	7.8	7.0
20	Poor	10.9	10.5	9.9	9.1	8.2	7.3
25	Poor	11.1	10.8	10.3	9.4	8.4	7.7
30	Poor	11.4	11.1	10.5	9.7	8.8	8.0
35	Poor	11.7	11.3	10.7	9.9	9.0	8.1
40	Fair	11.9	11.6	11.0	10.1	9.2	8.4
45	Fair	12.2	11.8	11.3	10.5	9.4	8.6
50	Fair	12.5	12.1	11.5	10.6	9.7	8.8
55	Fair	12.8	12.5	11.7	10.9	10.0	9.0
60	Good	13.0	12.6	12.1	11.1	10.2	9.3
65	Good	13.4	12.9	12.3	11.3	10.5	9.5
70	Good	13.6	13.1	12.5	11.7	10.7	9.7
75	Good	13.9	13.4	12.8	11.9	10.9	10.1
80	Excellent	14.6	13.8	13.3	12.4	11.3	10.5
85	Excellent	14.8	14.3	13.8	12.7	11.7	10.9
90	Excellent	15.4	14.8	14.2	13.4	12.2	11.3
95	Superior	15.9	15.5	15.0	14.0	13.1	12.5
99	Superior	17.3	16.7	16.0	15.4	14.6	14.2

## WOMEN

%	Description	MET Score					
		20-29	30-39	40-49	50-59	60-69	70-79
1	Very Poor	6.8	6.5	6.3	5.7	5.6	4.8
5	Very Poor	7.9	7.4	7.2	6.6	6.2	5.6
10	Very Poor	8.4	8.0	7.6	7.0	6.6	6.1
15	Very Poor	8.8	8.4	8.1	7.4	6.8	6.3
20	Poor	9.2	8.8	8.4	7.7	7.0	6.7
25	Poor	9.4	9.1	8.6	8.0	7.2	6.9
30	Poor	9.7	9.3	8.9	8.2	7.4	7.1
35	Poor	10.1	9.7	9.2	8.4	7.6	7.2
40	Fair	10.3	9.8	9.4	8.5	7.8	7.4
45	Fair	10.5	10.1	9.7	8.8	8.1	7.6
50	Fair	10.8	10.5	9.9	9.0	8.2	7.9
55	Fair	11.0	10.5	10.1	9.2	8.4	8.0
60	Good	11.3	10.8	10.3	9.3	8.5	8.0
65	Good	11.7	11.0	10.5	9.5	8.8	8.4
70	Good	11.7	11.3	10.9	9.8	8.9	8.4
75	Good	12.1	11.7	11.0	10.1	9.2	8.5
80	Excellent	12.5	12.1	11.3	10.5	9.3	8.7
85	Excellent	12.9	12.5	11.3	10.6	9.8	9.2
90	Excellent	13.4	12.9	12.3	11.1	10.3	9.3
95	Superior	14.2	13.5	12.9	11.7	10.8	10.6
99	Superior	15.6	14.9	14.6	13.2	12.1	12.1

# Workplace Fitness Challenge timelines 2017

## 6 week challenge

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Receive  
Employee  
Guide.



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 Your MET.



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

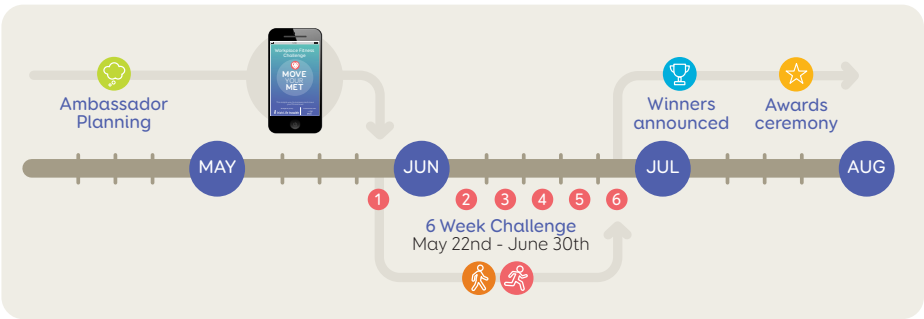
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To participate in the challenge you must perform a valid MET test in the first two weeks and last week of the challenge.

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

Visit our website for further information on prize categories.

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



The sooner you register the longer you get to improve your fitness level and overall health.

## About the app

STEP  
1



NEW &  
IMPROVED  
APP FOR  
2017

### DOWNLOAD THE APP.

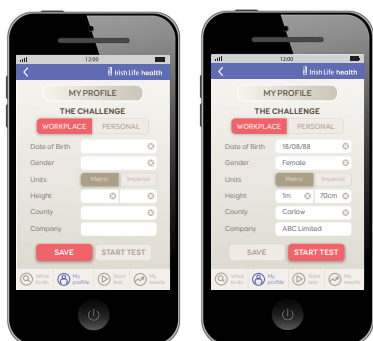
Please ensure you have the latest version.



STEP  
2

### ACCEPT THE TERMS AND CONDITIONS

STEP  
3



### SET UP YOUR PROFILE IN MY PROFILE

Enter your details.

Select your company from the dropdown menu.

**SAVE**

STEP  
4



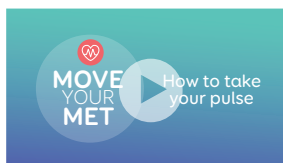
### START TEST

#### I'LL WALK - 1 mile

If you choose to walk you will need to take your pulse at the end of the test.

If you are not familiar with taking your own pulse, view the demonstration video in the app.

**TIP:** Make sure to do a trial of the app before you go out and do your walk or run!



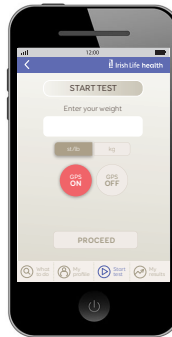
## STEP 4



Answer physical activity readiness questionnaire.



Do a trial of taking your pulse.



Turn ON or OFF the Distance Tracker (GPS).\*

\*This is based on Google Maps and is not always 100% accurate.

### Plan your route and **START THE TEST**

Once you've completed the WALK test, you must measure your heart rate immediately. You have two options:

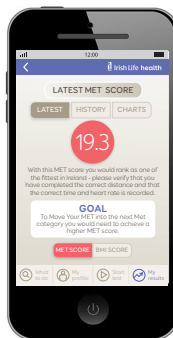
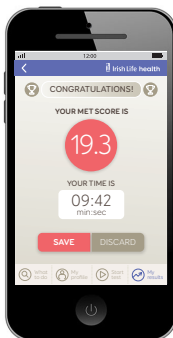
1. Manually take your pulse for 15 seconds - count and enter this number.
2. Enter your BMP (beats per minute) reading from treadmill or fitness device.

### I'LL RUN - 1.5 miles

If you choose the run test, you won't need to take your pulse at the end of the test.

- > Enter your weight
- > Turn ON/OFF Distance Tracker (GPS)
- > Plan your route and **START THE TEST**

## STEP 5



### PROCEED TO TEST RESULT

We hope you enjoy learning about your MET score and using the Move Your MET app to track and gauge your cardiovascular fitness level.

Good luck in the Workplace Fitness Challenge!

Irish Life Health respects your privacy. The only information requested from the user is basic anonymous data required to calculate the user's MET score. For full information on Terms & Conditions visit [www.irishlifehealth.ie/moveyourmet](http://www.irishlifehealth.ie/moveyourmet).

# Getting started with the challenge

Each week we will tackle a different subject to help with all areas of personal wellness. Here is a snapshot of what we will cover.

## WEEK 1

### Setting goals and building habits

- > committing to improve your fitness level and overall health
- > building habits and how to set specific targets in week 1

## WEEK 2

### Stretching and mobility

- > corrective exercise and its importance in your daily life
- > avoiding injuries especially for those of you who spend most of the day in front of a computer screen
- > mobility training

## WEEK 3

### Nutrition

- > basic nutrition principles and tips to help you increase energy levels straight away
- > eating for energy and understanding how to read food labels
- > protein and its importance in your diet

## WEEK 4

### Hydration

- > benefits of water
- > offering a plan to help you increase your daily water intake

## WEEK 5

### Resistance training

- > resistance training and the benefits for both a healthy body and mind
- > structuring a resistance training plan to ensure that you are doing the right things in the gym to optimise time and maximise results

## WEEK 6

### Final HITT cardio and recap

- > cardiovascular training and the benefits to the body
- > strength, cardiovascular and mobility training
- > interval training and how to structure a plan and the benefits such as optimum timeframe and maximum results



To find out more visit our website  
[www.irishlifehealth.ie/moveyourmet/resource-centre](http://www.irishlifehealth.ie/moveyourmet/resource-centre)  
and follow us on social media.





## Award winning categories

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Participate in the Irish Life Health Fitness Challenge and win fantastic prizes for your company.\*

- > Ireland's fittest company
- > Ireland's most improved small company (50 employees or less)
- > Ireland's most improved mid sized company (51-250 employees)
- > Ireland's most improved large company (more than 250 employees)

\*Participation in the challenge involves performing a valid MET test in the in the first two weeks of the challenge and again in the last week of the challenge.

## The team behind the challenge

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The Health and Wellbeing Team from Irish Life Health have worked closely with Dublin City University to develop the Workplace Fitness Challenge and the Move Your MET app. Exercise physiologist Dr Sarah Kelly and Schools' Fitness Challenge creator Professor Niall Moyna from the DCU's Centre for Preventive Medicine, will oversee this year's Challenge.



Dr Sarah Kelly

Lecturer in the School of Health and Human Performance in DCU.

Sarah completed her PhD in Clinical Exercise Physiology in Dublin City University. Sarah's research interests have focused on both sports performance and exercise/health-related issues. A major focus of her research has involved the role of exercise in the prevention of cardiovascular disease.

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



Professor Niall Moyna

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

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

Niall is a Fellow of the American College of Sports Medicine and has a keen interest in all sports, especially Gaelic football and athletics.

The aim of the challenge is simply to encourage Ireland's workforce to increase their level of physical activity.

# My health profile

Initial MET score:

Goal:

## WEEK 1

Date performed:

Run/Walk:

MET Result:

This week's goal:

Notes:

## WEEK 2

Date performed:

Run/Walk:

MET Result:

This week's goal:

Notes:

## WEEK 3

Date performed:

Run/Walk:

MET Result:

This week's goal:

Notes:

## WEEK 4

Date performed:

Run/Walk:

MET Result:

This week's goal:

Notes:

## WEEK 5

Date performed:

Run/Walk:

MET Result:

This week's goal:

Notes:

## WEEK 6

Date performed:

Run/Walk:

MET Result:

This week's goal:

Notes:

Note: 30 minutes per day is the recommended amount of activity in order for you to improve your MET Score during the 6 week programme. This can range between cardio based or resistance based exercises. We will share more tips on how to improve your MET score through our social channels.



## Ambassadors

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### Kathryn Thomas

Founder of Pure Results, Ireland's Premier Health & Fitness Retreat and successful television presenter. She has a passion for adventure and being in the outdoors. Kathryn believes everyone at some stage in their life should accomplish something that pushes them outside their comfort zone. She set up Pure Results so that others could feel the benefits of a health and fitness kick-start as she has done.



### Thomas Barr

Thomas is the current Irish senior record holder for the 400m Hurdles. Barr won gold in the 400 metres hurdles at the 2015 World University Games and at the 2016 Summer Olympics, Barr broke the Irish record and won his semi-final to qualify for the final in a time of 48.39. He finished fourth in the final, again breaking the Irish record with a time of 47.97. Thomas is studying a degree in Mechanical Engineering at the University of Limerick.



### Gordon D'Arcy

Gordon is a former professional rugby player with an international career of 15 years. He lined out 257 times for Leinster to become their most capped player. Off the field, Gordon is building a reputation for his unique insight and tales of his experiences in rugby. Gordon re-invented himself as a rugby player numerous times in his career - turning to goal-setting, mental preparation and motivations techniques to achieve this.



### Mark O'Reilly - Fitvision

Mark is one of Ireland's most sought after personal trainers, helping people from all walks of life to transform their bodies. Mark's advice, skills and results are second to none earning him an impressive reputation within the industry. His encyclopedic knowledge of health, fitness and nutrition and his experience in physical therapy puts Mark in the perfect position to help his clients achieve their individual goals.



**Irish Life  
health**



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