

FAQs

About the challenge?

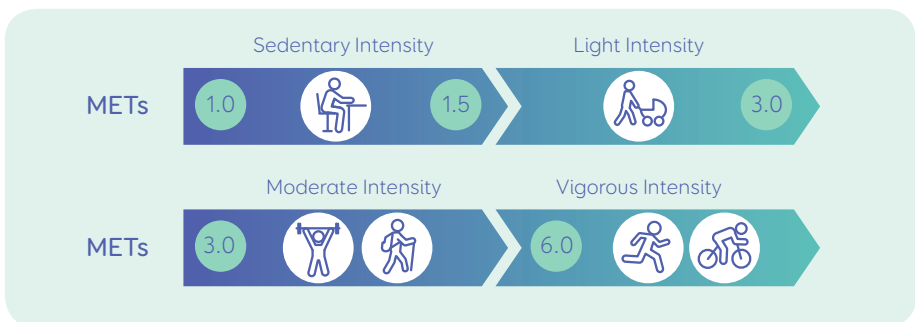
Unfortunately at this moment in time we're not the healthiest nation and yet surprisingly we think we are. We often claim we're in good health and getting sufficient exercise and yet the reality is we're not. For those that do want to become more active, the barrier most frequently referenced is "being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

Developed by Irish Life Health in conjunction with Professor Niall Moyna and Dr. Sarah Kelly from DCU, the Workplace Fitness 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 a MET Score?

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. So, if your maximum MET score is 10.5 this means you are able to exercise at 10.5 times your resting level.

MET Activity Classification



A MET score 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.

How do I know what my MET score should be?

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.

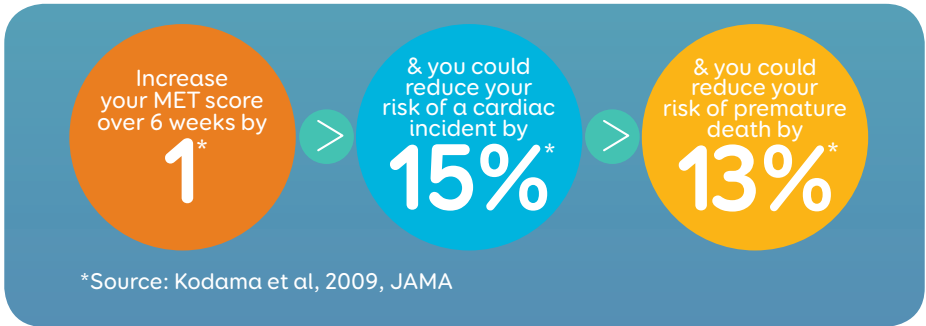
MEN

%	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

What are the benefits of moving my MET score?



How much can I expect to move my MET score in just 6 weeks?

Any improvement no matter how small, counts! We recommend you improve your MET by 1 within the 6 weeks challenge. We will share weekly tips and hints on how you can achieve that.

Should I walk?

It is recommended that you take the walk test if (1) you feel that you are not fit enough to run continuously for 1.5 miles (2.41k), (2) you have not been exercising regularly for a considerable period of time or (3) you become short of breath when walking up the stairs.

The test is based on participants exercising at their maximum capacity. Please let your employees know that it is only recommended that you take the walk test if you are not fit enough to run continuously for 1.5 miles (2.41k). It may result in an unrealistic score if participants who are fit enough to do the run test, do the walk test.

Should I run?

If you are confident in your ability to run continuously for 1.5 miles (2.42k), it is recommended that you take the run test.

Does the MET score have to be recorded during working hours?

No, you can record a test at any point, any day during the week.

Does the app automatically track your steps each time you walk?

No, the app doesn't track your activity automatically. You need to open the app, set up your profile and do a walk or run test.

Does the challenge cover all activities, or just running and walking?

Any physical activity can help improve your fitness level and consequently your MET score. However, the app only records the walk or run test to put a score on your fitness level and does not record any other physical activity, such as cycling.

Do you have to manually calculate your MET score each day?

No, you don't have to manually calculate your MET score. The Move Your MET app calculates your MET every time you perform the walk or run test. The initial test has to be completed within the first two weeks of the challenge (22nd May - 4th June) and then the final test in the last week (25th June - 30th June). That way you can see the improvement over the 6 weeks.

The app isn't working on my phone, what should I do?

Please see below the device requirements for both iPhone and Android users.

iPhone

- > iOS 9+
- > 1GB local space+
- > Location services turned on

Android

- > Android 5.0+
- > 2 GB RAM+
- > 1GB local space+
- > Location Services turned on

If your handset does not meet the above requirements, you can still measure your MET score by using this manual calculator available on our [resource centre](#). Please note that the Move Your MET app is not available on Windows.

If your handset meets the above requirements and you're still experiencing an issue, please e-mail dana.blaga@irishlifehealth.ie with the following details so the team can investigate this further.

- > What version of iPhone/ Android are you using?
- > Does the app store say that the device is compatible?
- > What is device spec (storage, ram) or even the device product number, such as, Huawei P9, P10 etc.?
- > What error is showing? Please provide a screenshot.

My company isn't appearing on the drop down menu, what should I do?

Make sure you have the latest version of the app from the app store.

If you are still experiencing an issue, please e-mail dana.blaga@irishlifehealth.ie with your company name.

Is the GPS accurate?

The app uses Google Maps and it's not always 100% accurate. It is recommended that you plan your route before you start your test.

What should I do if my GPS is not working?

If your GPS doesn't work, switch it off and plan your 1 mile (1.61k) or 1.5 miles (2.41k) route. If you know your route, you don't need your GPS. Start your time and complete your test!

Does the challenge involve teams of people?

Not necessarily. The challenge is between the companies who register. However you can organise internal competitions within departments or internal teams but this will have to be organised and administered by the ambassador.

How are the scores linked back to the company?

When an employee downloads the Move Your MET app and sets up their profile, he/she will have to select their company from the dropdown list. This is how the test results are linked back to your company.

What do employees have to do to participate in the challenge?

The challenge is to improve your company's average MET score over the six week period. To participate in the challenge, participants must perform a valid MET test in the first two weeks and last week of the challenge. If they don't complete both tests, we won't be able to calculate their improvement.

Will I be able to get a summary of all employees in my company who sign up? Will I get a MET score for my company?

Yes, you will get a MET score for your company and the number of people who are participating.

Please note: on the app we don't collect any names or e-mail addresses of participants, so we won't be able to provide this information to you. This is to secure the confidentiality of participants.

How often should I measure my MET during the challenge?

To participate in the challenge you must measure your MET within the first two weeks of the challenge (22nd May - 4th June) and then again in the final week of the challenge (26th June - 30th June). However you can complete the run or walk tests as often as you like in order to measure progress.

Do I need to be part of a workplace to participate in the Irish Life Health Workplace Fitness Challenge?

Yes, the Irish Life Health Workplace Fitness Challenge is only open to companies. However, you can use the Move Your MET app to measure and improve your MET score. When setting up your profile, all you have to do is select the 'personal' challenge.

Who verifies the test scores and data?

The test results are independently verified by Prof. Niall Moyna and Dr Sarah Kelly from DCU. The decision on the validity of each test is final.

What are the award categories?

There are four prizes available.

1. **Ireland's Fittest Workplace**
 - > Presentation of 'Ireland's Fittest Company 2016' Trophy;
 - > A wellness programme to the value of €5,000;
 - > Spot prizes for Participating Employees.
2. **Most Improved Large Company Prize**
 - > Presentation of 'Biggest MET Mover – Large Company' Trophy;
 - > A wellness programme to the value of €1,000;
 - > Spot prizes for Participating Employees.
3. **Most Improved Mid-Sized Company Prize**
 - > Presentation of 'Biggest MET Mover – Mid-Sized Company' Trophy;
 - > A wellness programme to the value of €1,000;
 - > Spot prizes for Participating Employees.
4. **Most Improved Small Company Prize**
 - > Presentation of 'Biggest MET Mover – Small Company' Trophy;
 - > A wellness programme to the value of €1,000;
 - > Spot prizes for Participating Employees.

Are there a minimum amount of participants to qualify for the awards?

- > **Large Company**
Minimum amount of participants: 15
- > **Mid-Sized Company**
Minimum amount of participants: 10
- > **Small Company**
Minimum amount of participants: 5

Where can I find more information about the challenge?

Visit us on our website and follow us on social media for further information.



www.irishlifehealth.ie/moveyourmet