



Activated by



AUSactive

# Million Moves

Workplace Guide



# Welcome

We are thrilled that you have pledged your commitment to the Million Moves Challenge. Hitting a million moves is no mean feat but this guide has all the information you need for getting your workplace moving.

## About the Million Moves Challenge:

- AUSactive is on a mission to encourage greater physical activity among Australians, beginning with the Sunshine Coast.
- This is an inaugural event and our vision, with your support, is that we can motivate the Australian Federal Government to turn this grassroots challenge into a national health awareness initiative. Your involvement will be fundamental to getting this in motion.
- From 1 - 21 May our Electorates; Fairfax, Fisher, Longman and Wide Bay, along with AUSactive Members, local businesses, community groups, family members, friends and workplaces will join you and your employees in completing the 75 moves each day.
- The aim is that collectively we can hit a million moves across the Coast, however we do have some groups coming together to see if, with a little bit of friendly competition, they can achieve a million moves on their own, which will be a fantastic outcome!
- The rest of this Workplace Guide contains useful information on how to move, some tips and tricks for staying hydrated and recovering, competitions and prizes.



  
Million Moves  
every body. every way. every day.

Activated by



AUSactive

**Sadly according to the Australian Institute of Health and Wellbeing (ABS 2022b) “it is estimated that 75% of adults aged 18–64 do not meet both the physical activity component and the muscle-strengthening component of the Guidelines.”**



# The Benefits

Outside of moving better and starting an amazing habit, the benefits of health and fitness in the workplace are far and wide. Here are some of the advantages for your workplace being involved (just to name a few).

## Why your workplace should be involved:

- Happy and healthy people equals happy and healthy performance. From improved physical and mental health, improved quality of sleep, impact on mindset and mood, injury and illness prevention, through to increased productivity, motivation and team morale. The positive impact of health and fitness on your workforce is incredible.
- Lead from the front and become an employer of choice. Finding great people can be difficult for any business, but it becomes a whole lot easier when the market considers you to be an employer of choice. Leading from the front ticks many boxes for prospective employees; from social responsibility and impact, to company culture and doing the right thing by your people.
- Plus, when your Team Members register they will receive access to exclusive Million Moves health and wellbeing discounts and vouchers.



Happy and Healthy People

equals

Happy and Healthy Performance



# How To Pledge

Anyone from your workplace can pledge to complete the Million Moves challenge. They can do this individually and as part of your Team, as well as through their wider Electorate community.

## Register your Team:

To organise a Team to complete the Million Moves challenge, simply visit the Million Moves website and complete the 'Register a Team' form. Your team will then be added to the 'Registration Form' for people to select.

## Individual:

To participate, your Team Members will need to visit the Million Moves website and complete the 'Registration Form'. The 'Registration Form' will ask them to select your Team and their Electorate. Registration opens on Monday, 1 April 2024.

## Team:

Your Team Members will have the ability to also join your Team in Myzone, which is a wearable fitness device that allows all of your Team Members to track their effort, support and motivate each other and for those who are a little more competitive, compete across the 21 days. Full details for how to get involved with Myzone will be shared via email once your Team Member has registered.

## Electorate:

Our local Federal MP's are also keen for a bit of friendly competition and are excited to see which Electorate will be the most active. When your Team Member completes their Registration Form, they will be asked to select their Electorate. Their selection will automatically include them in an Electorate community, which will also be available via Myzone.



**Electorates, Businesses big and small,  
schools and community groups,  
as well as ambassadors joining forces  
to help get the Sunshine Coast active.**



# Activate

We are lucky enough to have some amazing places on our doorstep that are guaranteed to get people moving. Here are some ideas for how you can activate the Million Moves challenge in your workplace.

Ways you can activate your workplace:

#### Host a community event:

Invite your team members to a community event in a local park or central area. These events should be used to promote the event, build awareness about the high inactivity levels and the need to take action, complete a 75 moves workout with everyone attending (keep this simple and basic so that everyone can do it), and grab some amazing photos and footage.

#### Invite your team members to do an activity:

We live in a beautiful place with so much opportunity to get moving. From bush walks, coastal walks, mountain climbs or waterfall treks, the options are endless. Pick your favourite and get your team to do it as a group.



Activated by



AUSactive

- Lara Drive Stairs
- Maroochy Botanical Gardens
- Point Cartwright Water Tower
- Mount Emu Walk
- Mooloolaba Coastal Walk
- Buderim Foote Sanctuary
- Lake Kawana
- Sunshine Beach Dog Beach
- Alexandra Headlands Hill Lookout
- Carlo Sand Blow
- Paddleboarding in Hervey Bay
- Mary River Parklands

## The Classics



**Gardner's Falls**  
**Kondilla Falls**  
**Booloumba Falls**  
**Baxter Falls**

---

**Mt Coolum**  
**Mt Ngungun**  
**Mt Tibrogargan**  
**Mt Coonowrin**  
**Mt Beerwah**  
**Wild Horse Mountain**



# Waterfalls and Mountains



# Myzone

We have partnered with Myzone to provide an extra layer of accountability and motivation, as well as a competitive edge. Get involved with the two challenges and be rewarded for your effort.

## How to connect

- Anyone with an Apple / Android smart watch or existing Myzone device can participate at no cost.
- Anyone who doesn't have either of the above, can purchase a new Myzone device for only \$99.99 + shipping. Normally \$210, that's a huge \$110 saving for Million Moves participants!

## Challenge 1:

- Connect to Myzone via Million Moves and achieve 1,575 MEPs by the end of the challenge to go in the draw to win.
- Why 1,575 MEPs? Because 75MEPs per day for 21 days equals 1,575MEPs. If you choose to punch them out in less than 21 days, no problem. Valid entry will be for anyone who achieves a total of 1,575 MEPs by the end of the challenge.

## Challenge 2: Electorate vs Electorate

- The Federal MPs will be going head to head for all to see!
- Plus, each Electorate is competing to win the highest total MEPs. The participant from the winning Electorate will be awarded double tickets into Challenge 1.

## Next steps

- Once registered, all of the information and steps to connect to Myzone and the competitions will be emailed out, including what PRIZES are up for grabs!



**What is a MEP?**

**It's a point system using heart rate rewarding both intensity and time.**



# Let's Go!



Activated by



AUSactive

Use this handy checklist to keep your workplace on track.

## Before

- Register your workplace as a Team and invite everyone within your workplace to join you.
- From Monday, 1 April 2024 encourage your Team Members to register and connect to Myzone as this is where the juicy activity tracker lives!
- Nominate Team Captains and encourage some friendly competition between different areas of your workplace.
- Prizes always create some extra motivation. Celebrate top performing individuals or teams, most consistent challenger or role model leaders.
- Promote Million Moves in your workplace, update the TVs and screensavers, print and display posters using the resources that are available on the Million Moves website.
- Share it on your workplace's social media pages to spread the word about your participation in the challenge using the social media resources on the Million Moves website.

## During

- Encourage each Team Captain to print and display a Million Moves Tracker Poster in the office to track progress.
- Print and display a Make Your Move Poster in each office, so Team Members can complete the 75 moves together in a designated space.
- Encourage Team Members to share their involvement in Million Moves on their personal social channels using the Million Moves resources from the website.
- Get your Team Members to post pictures on their personal social channels of them completing the 75 moves a day. Getting snaps of them doing it on their own, or within their Teams, at Work and with your brand's logo is a great way to showcase the support from your business and company culture. You could even offer a prize for the best photo.
- Monitor your Team's progress in Myzone and use the leaderboards for encouragement and competition.

## After

- Thank your team for taking part. Let them know how many people participated, how many moves were achieved by the team and as a workplace, and celebrate your awesome collective achievement!
- Share this on socials!!!
- Encourage your Team Members to download the Million Moves Completion Guide, which will help them turn this 21 day challenge into a long term sustainable lifestyle.



# Share It!

We'd love to see how you and your team made your moves during the challenge. Grab a pic or a quick video and share it with us. You never know who you might motivate to take action.

Bring your stories to life on social media by taking photos and videos documenting your journey during the 21 day challenge.

Use **#AUSactiveMillionMoves** on Instagram and don't forget to tag us in your posts and stories **@aus\_active** so we can re-post and inspire the nation.

Lacking inspiration for what to post? You can access our custom Canva graphics on our website including social tiles, posters and more.



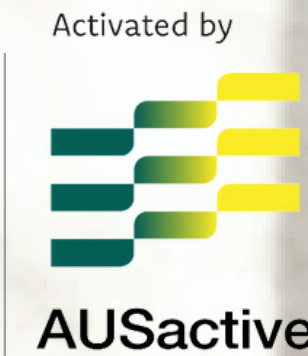
Activated by



AUSactive







# Questions?

[www.millionmoves.org.au](http://www.millionmoves.org.au)  
[millionmoves@ausactive.org.au](mailto:millionmoves@ausactive.org.au)  
[@aus\\_active](https://www.instagram.com/aus_active)  
[#AUSactiveMillionMoves](https://www.facebook.com/AUSactiveMillionMoves)