



Million Moves

Your Starter 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 to get started.

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 in completing the 75 moves each day.
- The aim is that collectively we can hit a million moves per Electorate on the coast, however we do have some groups coming together to see if, with a little bit of friendly competition, they can also achieve a million moves per group!
- Our Sunshine Coast member directory will soon go live on our website, featuring all AUSactive registered businesses and exercise professionals who will support your moves with individual offers. We even have options to help you train at home, with the SWEAT app offering 6 weeks of free access!
- The rest of this Million Moves Starter Guide includes useful information on how to move, tips and tricks for nutrition and hydration and also how you can get involved with the Myzone competitions!

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.”

How To Move

75 moves per day represents the percentage of inactive Australian adults. We want to see this frightening statistic change, starting with a few simple moves each day.

Your 75 daily moves can be whatever your heart desires. Push, pull, squat, hinge, paddle, stroke, jump, pedal, step, crump, wiggle...it's all good!

You can alternate the moves. Mix and match. Make them harder, make them easier. Even share your moves with a partner.

All that's required is that you do 75 of them every single day for 21 days.

Now, we've put together our recommendations for how to complete 75 moves per day. The following pages will explain:

Minor moves, for the beginners.

Major moves, for the active.

Massive moves, for those wanting a real challenge.



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**Every Body.
Every Way.
Every Day.**

Minor Moves

If you're just starting out or are new to movements, here are a few recommended moves that you can use to complete the challenge.

75 Chair Sit to Stand

- Start seated. Place feet shoulder width apart.
- Tighten your stomach, keep your chest tall and drive through your heels to a standing position.
- Slowly lower yourself back to the seat. That's 1 repetition.

75 Wall Pushups / Couch Pushups

- Place your hands shoulder width apart on a wall or the high end of a couch.
- Slowly lower the hard part of your chest to that surface.
- Squeeze your elbows together as you push the surface away back to straight arms.
- The lower the surface is, the harder this will be.

750m Walk

- Get outside, put one foot in front of the other and clock up those steps!
- It will take most people 15-20 minutes to walk 750 metres.



Major Moves

If you know a bit about moving, then here are the moves you should build into your challenge plan. Do them as a combination in a day or just do one of the moves per day, it's your choice. Squats, Lunges or Pushups are classics!

75 Bodyweight Squats

- With feet just outside shoulder width apart, bring your hips and ribs together, stick your chest up, figuratively “screw” your feet into the floor.
- Push your hips back, and lower them to knee level.
- Drive through your mid-foot back to a standing position.

75 Lunges

- Take a big step forward keeping your chest tall and stomach tight.
- Drop your back knee as low as you can with control.
- Push through your front heel to bring the foot back to a standing position.

75 Pushups

- Start in a plank position, with hands under shoulders, stomach tight, and butt squeezed.
- Drop your nose in front of your fingertips to lower your chest as low as possible with control.
- Push through the heels of your hands and squeeze your elbows together as you move back to straight arms.



Massive Moves

If you're keen to push yourself then this is the list for you. Get outside and go for a run, make the most of the beautiful Sunshine Coast with an ocean swim, head to the park and bust out some burpees.

7.5km Run

- Find your route, slap on your running shoes and hit the pavement/gravel/beach! To go even further, try a different route every day!

750m Swim

- Beach or pool, or both! Change up those strokes to keep the body balanced.

75 Burpees

- Place your hands on the ground, then lower your entire body to the ground to make ground contact with your chest and legs.
- With stomach tight, push the ground away, jump/step the feet up to the outside of your hands then jump off the ground. That's one rep.



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Activate

We are lucky enough to have some amazing places on our doorstep that are guaranteed to get you moving. Here are some ideas for how you can activate the Million Moves Challenge with your family, friends or community.

Bring your community together:

Invite your family, friends or local businesses in your community to a local park or central area and complete a 75 moves work out. Grab some amazing photos and footage and share on your social platforms to inspire your community!

Invite your family and friends 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 family and friends together to do it as a team.

Inspire your local businesses:

Whether it's your local bakery or hairdressers, reach out and encourage them to get involved by pledging their commitment to move as an individual or a business.



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- 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

Eat Right

Good nutrition doesn't have to be complicated. So to assist you on your Million Moves journey, we encourage you to make some nutritional moves as well.

Eat Whole Foods

Our body's have evolved to digest whole natural foods. Thus, our bodies will thrive if we consume enough of them. Stick to vegetables, fruit, meats, whole grains, dairy, nuts, seeds and legumes, and FEEL the difference.

Limit Processed and Packaged Foods

These foods tend to have excess calories and low quality ingredients. Limiting these may help with regulating energy and appetite throughout the day.

Drink Water

A no brainer, right? But let's take stock for a second. Are you drinking the recommended 2.1-2.6 Litres of water per day? Not tea, not coffee, just straight up H2O? If not, time to grab the old water bottle from the top cupboard, and get sipping.



Recover Right

Within our lives there are many forms of stress: work stress, life stress, family stress AND stress on our bodies from our workouts. Each one of these flows into the one big bucket.

If we want our health to improve and bodies to change, we must ensure we are recovering from the good stress, and reducing the bad. Here are our 3 big recovery tips for your Million Moves Challenge:

Stretch

Our modern day lives leave us bound up and tight. So we recommend stretching, even just a little, whenever you can.

- Watching TV at night? Hit the floor and do a pigeon pose.
- Waiting in line? A quick quad stretch.
- Playing with the kids? Sit in the bottom of a squat.

Walk

Feeling sore? Motion is lotion. Gentle light movements will push the blood around the body, helping those damaged muscles. Bonus points if you do it outside in direct sunlight.

Sleep

The most impactful thing you can do for your health is sleep better. We recommend waking up at the same time every day, even on weekends. Do this long enough and you'll find consistency in your sleep quality.



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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 75 MEPs per day for 21 days equals 1,575 MEPs. 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 participants 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!



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What is a MEP?

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

Share It!

We'd love to see how you and your community have 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, www.millionmoves.org.au including social tiles, trackers, posters and more.



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Questions?

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