

Summerville Gets Moving Challenge

August 2013



Every 10 minute bout of moderate-intensity, aerobic activity counts!!

Throughout the summer, Summerville FHT staff participated in the “Summerville Gets Moving” Employee Wellness Challenge with the goal of accumulating 75,000 minutes of aerobic activity in 8 weeks. Teams of 2-4 employees competed against each other to accumulate a minimum of 150 minutes of aerobic activity per week, keeping in mind that every 10 minutes counts! (as per the Physical Activity Guidelines). About 50% of its Summerville employees (50 people) participated in the Challenge, doing all kinds of aerobic activity including walking, jogging, swimming, fitness classes, biking, tennis, rowing, hiking, and much more.

Participants found themselves dedicated to “get in another 10 minutes” whenever possible, became more active than usual, and were even tracking and reporting their minutes while on vacation; staff sent in their minutes from Halifax, Vancouver & Italy!

Overall, Summerville FHT surpassed its goal and accumulated a
Grand Total of 92,000 minutes!

****We encourage everyone to find ways to be more active in their daily life, every 10 minutes counts!!* ***

SUMMERVILLE
Family Health Team

