

# FREQUENTLY ASKED QUESTIONS (FAQS)



## Time to Encourage Yourself and Each Other to Become More Active This March

For the second year running, we have teamed up with BuddyBoost to bring you an interactive challenge that's based on **consistent daily activity**. The aim will be for you to buddy-up into teams of between 3 -12 colleagues and for each of you to complete a minimum of 26 minutes of activity, every day for the whole of March. Each workplace can also enter as many teams as it wants.

The BuddyBoost app provides a simple way for you to create your buddy group, log your daily activity and encourage each other to become more active. Plus, you get to choose any kind of physical activity you want for your 26 minutes – it all counts.

## Can Your Workplace be Let's Walk and More's Most Active Workplace?

There are so many health and wellbeing benefits to moving more, and it's now widely proven that being active boosts your mood. So, this is the perfect way to get your workplace feeling healthier and happier.

**Top tip:** Why not consider swapping at least part of your car, bus or train journey to work and walk, cycle or run instead? If you work from home, perhaps walk, cycle or run to the shops or for other short journeys. Travelling actively in this way can be one of the easiest ways to achieve your daily goal. It's also great for the environment and you get to enjoy being outdoors!

## Frequently Asked Questions (FAQs)

### How to Sign Up and Join the Challenge

- Sign-up using the red 'Sign Up Here' button on the [Active Devon webpage](#) which will direct you to the BuddyBoost site for you to register your details
- Download the BuddyBoost app from the [Android Play Store](#) or the [Apple App Store](#)
- Open the BuddyBoost app, select 'Let's Walk and More' and then your business or employer from the dropdown menu at the end of the simple registration process. If you are asked for a code, enter: **LETSWALK** to join the challenge
- If your employer's name isn't in the list, contact BuddyBoost who will be able to add it in
- Get ready for the 1<sup>st</sup> March!

## How to Create a Team (Each buddy group can have between 3 – 12 work colleagues)

- Open the BuddyBoost app
- Press the 'Buddies' tab and then press one of the 'Invite' buttons to invite a colleague to join your team
- Don't forget, you can only be in one team at a time but your organisation can enter multiple teams

## How to Name Your Team

- Open the BuddyBoost app
- Press the 'Buddies' tab and then press the three dots in the top right-hand corner
- Select edit and then enter your team name

## How to Log My Daily Activity

- There are two ways in which you can add your daily activity. The first way is by pressing the '**Start 26**' tab at the bottom of the app
- The second way is by clicking on the '**Home**' tab at the bottom of the app and then clicking on the date of the calendar that you wish to add your activity

## What Activity Counts?

This year **all** activity counts! Whether that's walking, cycling, dancing or yoga, the key is to be active every day to help improve your health and wellbeing. To give you some inspiration, we'll be suggesting a different activity theme for each week of the challenge.

## Are We Still in Teams?

Yes, you can create a team of between 3 - 12 colleagues within the app, and help your business or employer climb the leader board with your daily logged activity. Try picking buddies for your buddy group that will inspire, support and motivate you throughout the challenge. Each workplace can have as many teams or buddy groups of between 3 – 12 people as it wants.

## Are We Counting Steps or Moving Minutes?

This challenge is all about **consistency**. We want to see if you can manage a minimum of 26 minutes of activity every day, for the whole of March. You chose the activity that's best for you and help support your buddies to do the same. You can still track your total steps, times and distances separately using your favourite activity tracker apps or wearables and why not share your progress with everyone else who's taking part, by posting in the community feed in the BuddyBoost app.

## Why 26?

You're probably asking, 'what's so great about the number 26?' and it's a good question. Well, it's all about helping you to achieve the UK's Chief Medical Officer (CMO) recommendation of doing at least 150 minutes of moderate activity a week. If you do your minimum of 26 minutes every day,

you'll clock up 182 minutes a week and, even if you were to miss a day, you'd still be up at 156 minutes, which exceeds the CMO guidance.

It's also less than 30 minutes. That 4-minute difference may not look much, but our research shows that 26 minutes feels psychologically easier to squeeze into a busy day and more achievable for people who aren't used to exercising much. So, 26 it is!

## How Many Days Do I Have to Do?

To hit the overall Chief Medical Officer target, you need to do 26 days in a month. That gives you scope for a few 'emergency days' if it's really not possible to do your 26 minutes. But try not to skip a day just because you don't feel like it, as people tell us that they often get the biggest mood boost when they manage to overcome that apathy and get their 26 minutes done.

The BuddyBoost app will show you how you are tracking towards your 26-day target and if you manage to do more than 26 days in March, you'll be rewarded with a score of over 100%.

And of course, we'd like to see as many of you as possible be active on all 31 days in March.

## How Does the Leader Board Work?

The leader board shows all the Devon-based businesses and employers that are taking part in the challenge.

The leader board tracks how many people of those taking part from each workplace, complete their daily 26 minutes. If you want your workplace to climb to the top, make sure your organisation is encouraging every employee who is taking part to be active every day throughout the challenge, with whatever activity works best for them.

## How Can We Be Crowned Let's Walk and More's Most Active Workplace?

The most active workplace will be the business or employer with the most consistently active members of staff. For example, if you have a workplace of 12 people and all 12 members of staff log their activity every day throughout March, you'll likely be top of the leader board. If there is a tie for first place at the end of the challenge, the workplaces with a greater variety of logged activities will earn extra points.

So how can you be crowned Let's Walk and More's most active workplace? Log your individual activity every day, encourage all of your participating staff/colleagues to do the same and explore different types of activities throughout March. Remember, this is a 'workplace' challenge, so make sure you are encouraging **all** participating staff/colleagues from your business or employer to log their activities every day.

## Are There Prizes to be Won?

Yes. There will be lots of prizes to be won throughout the challenge. There will be individual prizes, team prizes and prizes for the winning workplaces at the end of the challenge. Keep an eye out in the community feed for more information about the weekly themes and exciting prizes on offer.

## How Can We Win Prizes?

Prizes will be awarded for both challenge interaction and for personal or team achievements.

## What are the Weekly Themes?

Let's Walk and More will be introducing a series of weekly themes to help motivate and inspire us all throughout March. The five the main themes are:

- **Week 1** – Everyday Movement
- **Week 2** – Environment
- **Week 3** – Try Something New
- **Week 4** – Nature
- **Week 5** – Wellbeing

Keep an eye on the 'Community' tab within the BuddyBoost app for more information.

## “I'm Not Very Fit or Active, Can I Still Take Part?”

**Yes, absolutely! Everybody is welcome!** This year is all about rewarding consistency, tracking your individual and team progress and celebrating the activity levels of your workplace. It really doesn't matter how far or how fast you go, just that you do your 26 minutes and support your buddies to do theirs.