

## **'Fit for Office' - ukactive/Myzone Parliamentary Physical Activity Challenge 2024**

### ***What is the challenge?***

We spend so much of our time at work, and it is essential we incorporate physical activity as much as possible into our working routine. This is especially true for those in stressful and demanding jobs, which we know Parliament can be.

Through the month of March, ukactive will provide free use of Myzone activity tracking devices for all participating MPs, Peers, and their staff, and encourage all participants to 'compete' to see who can be crowned Westminster's Physical Activity Champion.

This challenge is an opportunity not only to have some friendly competition between MPs, but also to highlight the impact incorporating activity into the working day can have on our health, happiness, and productivity.

### ***How does it work?***

Myzone devices measure activity with participants earning Myzone Effort Points (MEPs). These are awarded not based on time or distance, but by effort, meaning any increase in activity will be rewarded regardless of each individual's fitness levels. MEPs will be pooled and averaged across each individual office, so there can be any number of participants per office. Constituency office staff can also join in, regardless of where in the country they're based.

The devices can be worn throughout the day so that any type of physical activity, from walking up stairs to running a marathon, can all count towards a team's score. There will also be opportunities within our members' facilities in local constituencies to facilitate physical activity throughout the month.

The top 5 teams will appear in the leaderboard each week and the winners will be crowned Westminster Physical Activity Champions.

### ***How will the challenge help me be active?***

Throughout the month, there will be regular updates from ukactive on opportunities to be active in Westminster through our partners across the sport and physical activity sector. There will also be events in the Westminster Gym during the month, some of which will be geared towards maximising your performance in the challenge.

ukactive's membership across the country will also be available to participants in their constituencies, and will be able to support them in getting active.

A full list of FAQs can be found [here](#).