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'Fit for Office' FAQs

Why should I take part?

Physical activity is not only great for your physical wellbeing, but also crucial for maintaining your mental health and improving your productivity. We know how stressful Parliament can be, and being more mindful of incorporating physical activity into your daily routine can be extremely beneficial for you and your staff.

This is also an opportunity to demonstrate to your constituents the importance of physical activity for their own wellbeing, and to connect with physical activity businesses in your local area.

If that's not incentive enough, there's the chance to win some major bragging rights over your colleagues across the House!

Has this been done before?

The Challenge was run in Parliament in November 2022 and March 2024, with 146 people signing up in 2024, representing 53 offices. It has also been run four times at the US Congress, and twice at the Federal Government in Australia.

How many people can be in a team? Can staff in Westminster and Constituency offices participate?

As many or as few as you like! In previous challenges, teams have ranged from just one person to an entire office of ten. MPs and Peers do not need to take part personally for staff to be involved. Constituency staff are welcome to take part too.

Is there an age limit?

No! Previous editions saw participants' ages range from 21 to 74.

What is an MEP?

No, we're not talking about Members of European Parliament! Myzone devices measure activity through your heartrate, with activity earning Myzone Effort Points (MEPs). 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 your team's score. MEPs are awarded not based on time or distance, but by effort, meaning any increase in your activity will be rewarded regardless of each individual's fitness level.

How are the points calculated?

Points are calculated based on increased heartrate when compared to base heart rate. There are four bands at which points are calculated, with points accrued during the time your heartrate is in each of these bands. Each step up in % increase means more points, and the longer you are in each band, the more points you'll receive. Full information can be found on the Myzone [website](#).



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Do I need to work out every day?

The more you move the more points you get! However, any activity when you're wearing your device will count towards your points total and the amount of MEPs you earn. This means even if you don't have a dedicated exercise session, you will still contribute to your office's score by simply moving more in your daily routine.

Is there a leader board?

There will be a leader board of the top five offices which will be shared each week. Myzone can also share a personalised graphic for how well your office is doing that can be used on social media. The full leaderboard will be accessible within the Myzone app.

Can I use my own monitoring device?

Yes, you can! Myzone Open, a convenient app, allows you to access tracking directly on your own device. It is compatible with Apple Watch (Generation 2 and higher) as well as various Android smartwatches. These models have been validated: Samsung model 4 and higher, Google Pixel Watch 1 and 2, Tag Heur and Fossil Sport.

How do I use my own monitoring device using MZ-Open?

To use your own monitoring device with MZ-Open, start by downloading the Myzone App on your Apple or Android Watch. Once the app is installed, follow this [guide](#).

How do I use my MZ-switch?

To use your MZ-Switch, begin by downloading the Myzone App on your preferred device. After downloading the app, collect your MZ-Switch device and follow this [guide](#).

How will this impact my constituents?

Taking part in the challenge will allow you to demonstrate to your constituents the importance of incorporating physical activity into your workday, the positive impact this has on health and productivity, and encourage them to follow your example.

ukactive and its members in your constituency will be able to support you throughout the challenge, and you will get the opportunity to support these local businesses in the community with important exposure. These facilities range from local gyms, leisure centres and swimming pools, to dance studios, group exercise classes and sports providers.

How do I find out about ukactive members in my area?



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ukactive can provide you with a full list of members within your constituency, as well as support in contacting them. We are also able to organise a visit to these facilities during the month.

How do I collect and return the equipment?

There will be sessions in the coming weeks where the Myzone equipment will be distributed to participants – both on the Parliamentary estate. In addition, equipment can be collected from The Westminster Gym on the Parliamentary estate.

Returning the equipment can also be done at the gym, or by contacting ukactive directly.

Who do I contact for guidance on using the devices?

You can contact ukactive throughout the challenge at publicaffairs@ukactive.org.uk. For any specific technical guidance, you will be put directly in contact with a Myzone representative.

I'm not very fit, can I still take part?

Any form of movement will count towards your total, from walking around the Parliamentary estate, doing the housework and playing with the kids, all the way up to joining a HIIT class or running a marathon. Even a small increase in your overall activity levels will see you gain points, regardless of how fit you are. This challenge is a great chance to find a way of moving that you'll love!

Do I get to keep my device?

Devices should be handed back to the gym at the end of the challenge. If you are interested in keeping your device, you can reach out at publicaffairs@ukactive.org.uk

How much and what type of activity should my staff and I be undertaking to keep healthy?

World Health Organisation guidelines suggest per week adults should do at least 150-300 minutes of moderate-intensity aerobic physical activity; or at least 75-150 minutes of vigorous-intensity aerobic physical activity. However, even the smallest increase in activity can provide significant health benefits, so anything you can do to get more active will be rewarded.

What do we get if we win?

As well as bragging rights, we're planning a presentation where the winner will be crowned Physical Activity Champion of Westminster. More details to follow...