

'Fit for Office' - ukactive/Myzone Parliamentary Physical Activity Challenge 2025

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 MPs, Peers, and their staff with free use of Myzone activity tracking devices or MZ Open for those who already have a tracking device, encouraging all participants to 'compete' for the title of Westminster's Physical Activity Champion. This technology measures physical effort through Myzone Effort Points (MEPs), rather than time or distance, ensuring the challenge is accessible and enjoyable for everyone. MEPs are pooled and averaged across each office, allowing any number of participants, including constituency office staff, no matter their location. The devices can be worn throughout the day, so any physical activity – from taking the stairs to joining a group exercise class – counts toward the team's score.

ukactive member facilities will also support activity opportunities throughout the month. The top five teams will appear on the weekly leaderboard, with the winners crowned Westminster Physical Activity Champions.

Why are we doing it?

The goal of the challenge is to foster a healthier, more active work environment for MPs, Peers, and their teams, showcasing how integrating physical activity can positively impact performance. Beyond the competition, it serves as a valuable opportunity to raise awareness of the health benefits of staying active while working and emphasise how it can improve overall wellbeing, work morale, and effectiveness.

On a broader scale, the challenge provides an important platform for ukactive and members to build relationships with Parliamentarians, which is especially important this year with the new intake of MPs. By getting them involved, we can build stronger relationships, helping them better understand the value of the sector and the positive impact it has on communities. This kind of engagement can help drive meaningful, long-term change that benefits the entire industry, fostering greater understanding and support among policymakers.

How can members get involved?

As a ukactive member, this is a fantastic chance to engage with MPs in your [local constituencies](#), encouraging them to participate and showcasing the role your facility plays in promoting healthy, active lifestyles. By inviting MPs to visit your facilities for a tour or even a workout, you can establish meaningful relationships that position them as advocates for your business locally. Additionally, it strengthens their understanding of the sector's impact, helping them to support policies that benefit the industry and promote active communities.

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