



# Workplace Health Week

#My150deal

## Lisa's 150 minutes



**20mins**  
Cycle to work  
MON, WED

**30mins**  
Yoga class —  
WED

**30mins**  
Boxfit class  
FRI

**70mins**  
Go for a walk  
MON, TUES, THURS

Delivered by:



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Make a deal with yourself and your colleagues to reach 150 minutes exercise this week. Find inspiration and track your progress with Workplace Challenge, sign up today

[www.workplacechallenge.org.uk/WPHW2016](http://www.workplacechallenge.org.uk/WPHW2016)