



## **HABIT HUB OCTOBER CHALLENGE: OFFSET YOUR SITTING!**

The research suggests that 30-40 minutes of moderate to vigorous physical activity daily can counteract the negative effects of sitting for up to 10 hours. Activities like brisk walking, cycling, or gardening can offset the health risks linked to a sedentary lifestyle, lowering the risk of premature death. Even small amounts of physical activity help, and the goal is to encourage more movement throughout the day, whether it's through taking stairs, playing with children, or doing household chores. The study is part of broader guidelines from the World Health Organization (WHO) recommending 150-300 minutes of moderate exercise weekly to mitigate the risks of extended sitting.

### **40 Minutes to Wellness" October Challenge**

**GOAL:** Dedicate 40 minutes of physical activity each day to offset sedentary behaviour and improve overall health.

#### **Challenge Structure:**

- **Duration:** Entire month of October
- **Target:** 40 minutes of moderate to vigorous activity daily
- **Activities:** Choose from activities such as:
  - Brisk walking or jogging
  - Cycling or swimming
  - Gardening or housework
  - Strength training or Pilates
  - Playing with kids or pets

#### **Challenge Levels:**

- **Beginner:** 20 minutes of daily activity, increasing to 40 minutes by the end of the month.
- **Intermediate:** Maintain 40 minutes of physical activity each day.
- **Advanced:** Add extra intensity to your 40 minutes or extend to 60 minutes.

*Remember:* You can be active throughout the day with small changes—like taking the stairs, walking during breaks, or doing quick stretches to break up long periods of sitting!