

# Challenge Champions Pack

Wellbeing**4**business Ltd.  
Leading the business of wellbeing



# Welcome

Thank you for registering your organisation to take part in the 30:30 challenge & volunteering to be the challenge champion.

## Your next steps:

- Read the following information to familiarise yourself with the challenge & your role as challenge champion.
- Encourage your employees to sign up by downloading the Well 1-2-1 app & entering the INVITE ID: **3030CHALLENGE**

## How to download the Well 1-2-1 app

1. Go to your app store (IOS or Android)
2. Search for & Download the Well 1-2-1 app
3. Tap 'Sign in'
4. Enter your Invite ID: **3030CHALLENGE**
5. Enter your details.



# Challenge Information

## What is the challenge?

The challenge is all about moving more and sitting less. Participants are encouraged to fit in physical activity each day. The daily goal is to do 30 minutes or more of planned activity every day for 30 consecutive days.

## How many people can enter?

Entry is open and there are no limitations on the number of challengers.

## Is there a team event?

There is a league table for both individuals and organisations.

- **Individual** – most minutes achieved
- **Trust/Organisation** – % of people achieving an average of 30 minutes per day for 30 days

## Do you need to be fit to take part?

No level of fitness needed as the recommended intensity level is low to medium. If your people are at all unsure about whether they should exercise please advise them to consult their Doctor/Specialist.

## Are there any prizes?

Yes! To view the prizes go to: [www.wellbeing4business.co.uk/30-30-challenge](http://www.wellbeing4business.co.uk/30-30-challenge)

## Should people be encouraged to buddy up?

We know from past challenges that finding an exercise buddy or team of people is the best motivation. *Please follow the most current advice on social distancing to ensure your safety.*

## What type of physical activity counts?

Participants can choose activities that they enjoy. As long as it raises their heart rate, and makes them breathe faster and feel warmer it will count.

**Example activities:** Brisk walking, home workouts, cycling, gardening, dancing.

We suggest people follow government advice on social distancing and exercising at home as/when necessary.

Share your challenge on social media using the hashtag **#W4B3030CHALLENGE**

**REMEMBER SIGN UP VIA THE WELL 1-2-1 APP  
CLOSES ON THE 29TH FEBRUARY 2021**

# Your Role As Challenge Champion

Being a challenge champion means being pro-active & supportive !

Your team members may need help when they are struggling, they might need motivation and most importantly they **ALL** need praise for their efforts.

**As challenge champion you should try to:**

- Be supportive - regular communication, motivation & praise
- Have a good knowledge of the challenge
- Know where to refer them for help
- Encourage team work - set up a weekly zoom catch up with a hot drink to talk all things 30:30 challenge
- Communicate the weekly challenge updates with them.



# Contents

Use this guide to help you answer any questions, find information & help your team.

- Well 1-2-1 app basics
- Where to find help
- Supporting my team
- Weekly challenge updates/Post challenge impact report



# Well 1-2-1 App Basics

## Overview

The Well 1-2-1 app has been designed by coaches to make the challenge personal for every participant. It helps users to experience the power and convenience of health tracking paired with a personal health coach.

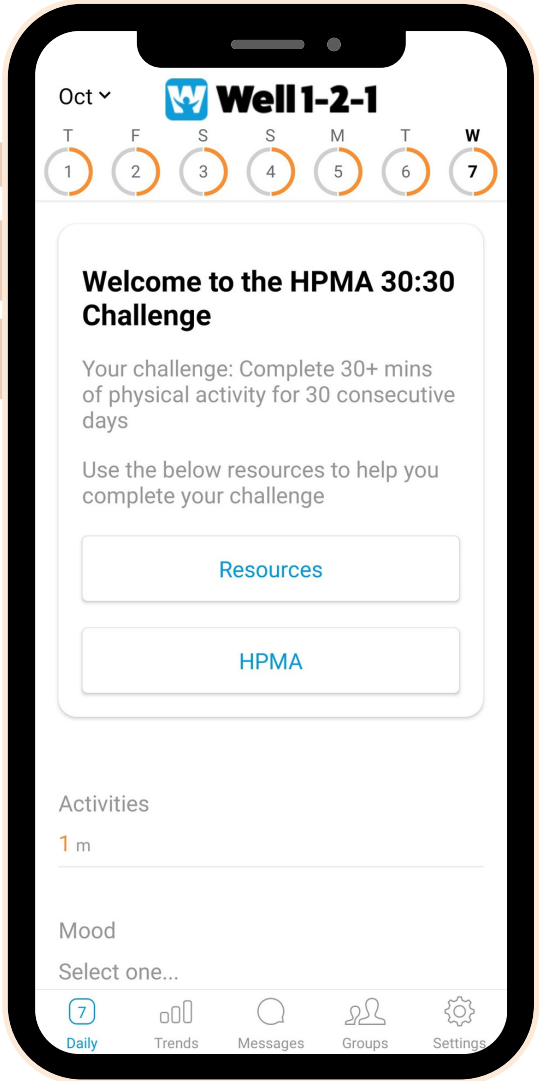
## The features

- **Daily:** This is the 'Homepage'. Here you can log your physical activity/mood & access challenge resources.
- **Trends:** Easily view your trends on a weekly or monthly basis by tapping on the graph.
- **Messages:** This provides you with a direct link to a coach who will provide regular messages, updates & information. ***A new message is the only notification you will receive from Well 1-2-1 - please ensure your team have notifications enabled for the Well 1-2-1 app.***
- **Groups:** A forum style message board where you can post encouragement, questions to other 30:30 challengers outside of your trust/CCG. Here you can also join the leaderboard to see how you compare with others taking on the challenge (Trust/team data is provided separately).
- **Settings:** Edit your profile, change passwords, edit your connected apps and trackers and **access help**.

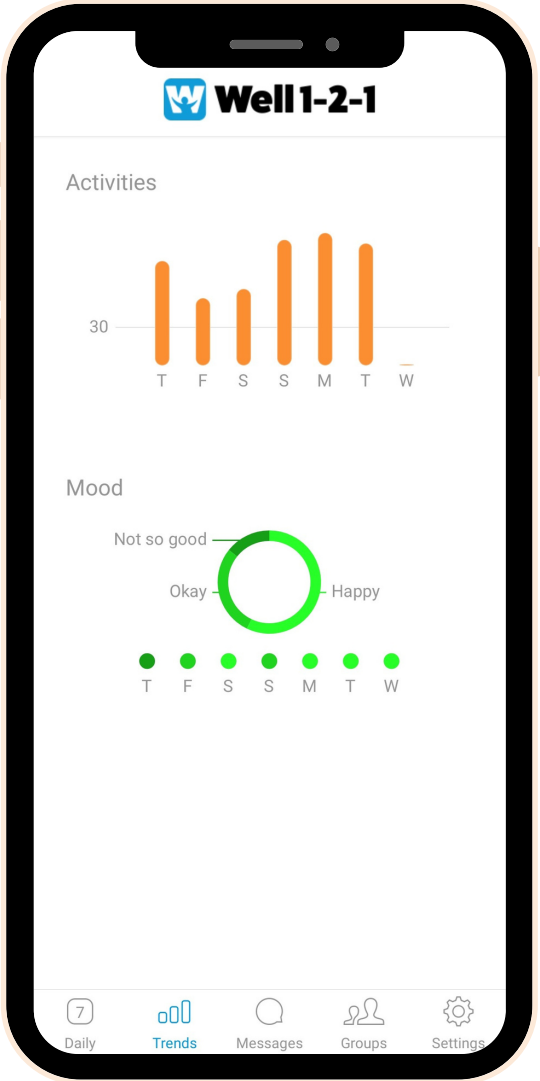
**See the images on the next page**

# Well 1-2-1 App Visuals

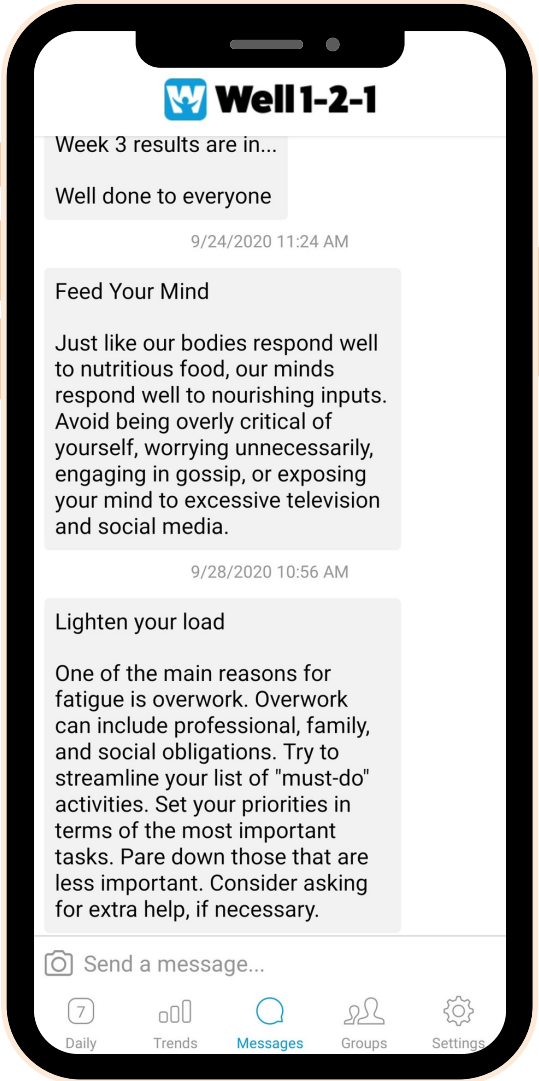
## Daily



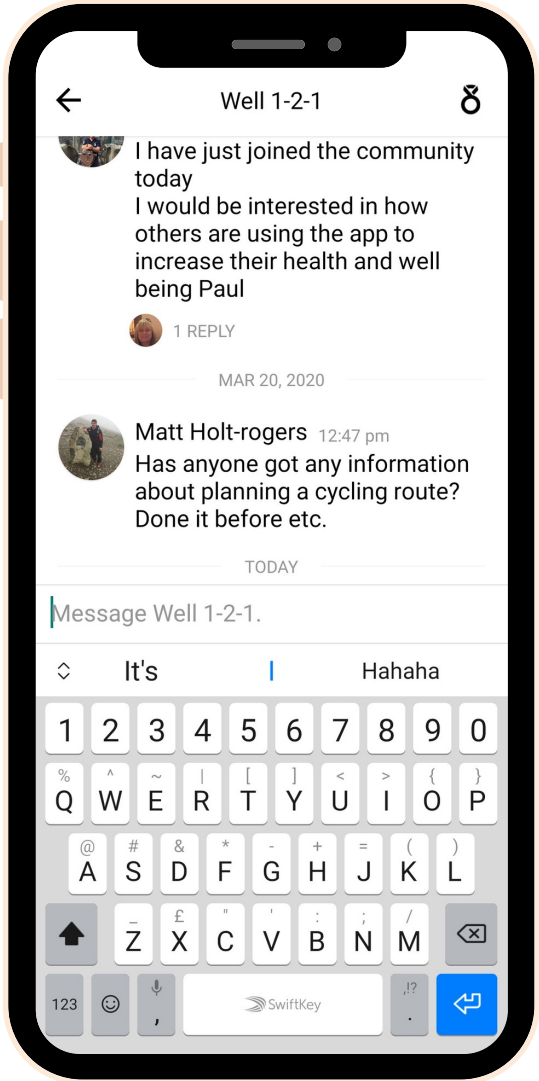
## Trends



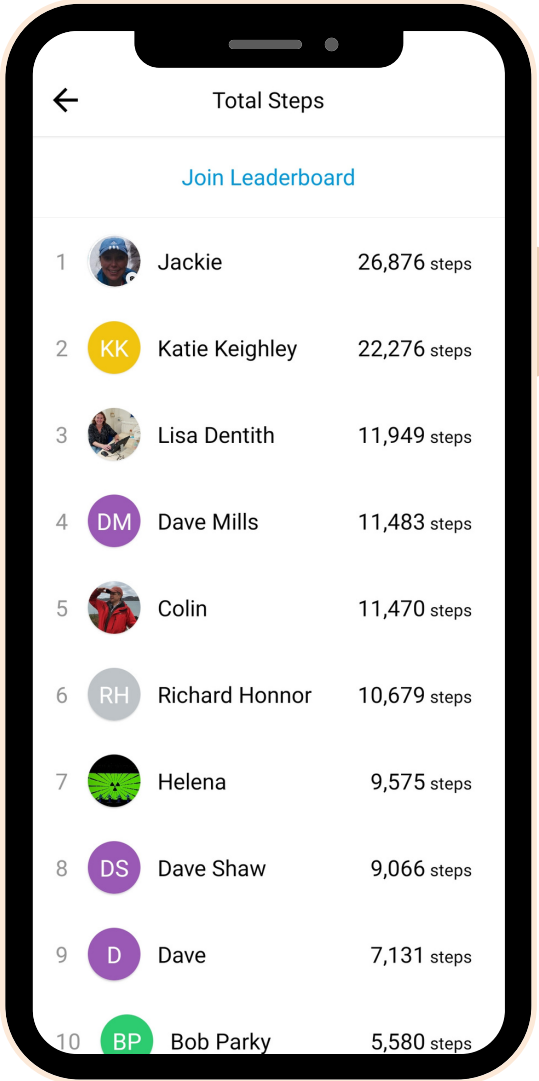
## Messages



## Groups



## Leaderboard



# Where To Find Help

For help as a challenge champion, please contact us directly by sending an email to: [info@wellbeing4business.co.uk](mailto:info@wellbeing4business.co.uk) with the subject line: hpma 30:03 challenge.

For help as a participant in the challenge, there are two ways you can access help depending on your problem...

- **Technical app support** - go to **Settings** and tap '**help**' send our tech team an email detailing your problem. *PLEASE DO NOT SEND CHALLENGE/PHYSICAL ACTIVITY QUESTIONS TO THEM.*
- **Support from a coach** - send your coach a message on the Well 1-2-1 app, they will aim to respond within 24 hours. This could be physical activity advice or a question regarding the challenge.



# Supporting My Team

Supporting your team to achieve their daily 30 minutes of activity doesn't mean that you have to check they have done it everyday.

Here are some of the ways you can support your team throughout the challenge:

- **Praise/celebrate their efforts so far** - no matter how big or small they may seem.
- **Encourage team work** - you could organise a weekly catch up via zoom to discuss the challenge/ have a social.
- **Communicate your offer of support regularly** - "If you have any questions, I am here to help where possible"
- **Motivate your team** - Send a kind/positive message along with the weekly updates.
- **Ask how they are !** - This is especially important... you never know, under the surface they might be struggling.
- **Refer them to help if they need it** - Technical app support by tapping 'help' or challenge support via messages on the Well 1-2-1 app.



# Weekly Challenge Updates

Each week you will receive updates from us regarding the top 5 individuals and the top 3 organisations.

You will also receive a 'Challenge champion top tip' to help you & your team during the coming weeks.

## Post Challenge Impact Report

At the end of the challenge you will be sent a personalised 'Impact report' containing:

- Anonymised overall statistics
- Anonymised overall statistics specific to your organisation

e.g total minutes of activity completed, number of participants, participants averages etc.



GOOD LUCK

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