



First Nations Health Authority
Health through wellness

The 30x30 Active Challenge

September is a time of change. The season is changing, summer vacations are over and the new school term is starting. It's a great time to "re-set" our routines. It's a great time – for example – to join the FNHA's 30x30 Active Challenge! We are inviting Indigenous people throughout BC to commit with us to the goal of doing 30 minutes of physical activity for each of the 30 days of September.

Sign up now at <https://fnha.wishpondpages.com/30x30-active-challenge/>

Why 30x30?

Regular physical activity is critical to our overall health and wellbeing on many levels. It helps us stay – or become - healthy both physically and mentally. Benefits range from better sleep to improved brain function to the prevention of chronic illnesses.

But why 30 minutes a day for 30 days?

Thirty minutes of daily activity at a moderate to vigorous level of intensity is a healthy goal for an adult (children and youth age five to 17 should aim for 60 minutes per day).

Thirty minutes is also an achievable goal. We can work it into our schedules in one chunk or in three sessions that are 10 minutes long. It's all good – in fact, some recent studies say the small chunks can be healthier for us! (However, if you sign up for the challenge after Sept. 1 or aren't active for 30 minutes every day, don't worry about it. Just hold this as a healthy goal. Every move is worthwhile!)

Thirty days is enough time to create a new habit. The act of committing to a specific habit for one month – in this case daily physical activity – helps us to focus on our intention and instill the habit into our lives. Thirty days is also enough time for us to reap the benefits of regular physical activity, which will reinforce our desire to continue this healthy habit.

Make a commitment – to you

Making a commitment helps us to achieve our goals – especially if other people know about it. Make a commitment to 30x30 by registering for the challenge, by telling others (perhaps encouraging them to join, too) and by sharing your stories on social media using the hash tags *#FNHAWellness*; *#30x30ActiveChallengeFNHA*; and *#BeActiveFNHA* or tag the FNHA social media accounts.

Every day you make decisions that can have a positive impact on your health and wellness – make this one of them.