Lisa’s 150 minutes

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

- **30 mins**
  - Yoga class
  - WED

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

- **30 mins**
  - Boxfit class
  - FRI

Delivered by: [Image]
In partnership with: [Image]
Evaluated by: [Image]

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