Physical Activity Challenge 4

Corby Business Academy

Active 250

What are we doing?

What is the challenge?

This challenge is to complete 250 minutes of activity in 7 days. You can complete any type of activity from walking, cycling, running or exercise sessions like HIIT.

What is the time limit?

This challenge will be attempted over 7 days.

Virtual Medals

How can we complete this?

Walk, Jog, Run, Cycle, Swim, Row or use gym equipment to complete the 250 minutes or any other method. You can complete this challenge in one go or as many stages as you prefer. The challenge must be completed within 7 days.

250 mins

200 mins

150 mins

100 mins