

Active Midlothian 40km Virtual Challenge

Increase your Health & Fitness by taking part in Midlothian's first Virtual Activity Challenge

It's **FREE** to enter, all those that finish receive a completion certificate, and entry into a prize draw where you could win a £50 voucher or a 1 month Tonezone Membership (3 on offer)

You can complete the distance however you like and can use a number of different modes including: Walking, Running and or Cycling (Indoor / Outdoor).



An example of completing the distance could be doing approximately 1.5km per day for 4 weeks or 5km twice a week for 4 weeks will enable you to achieve the 40km total.

You have from now until January 17th 2021 to complete the 40k

For more information, advice and or tips please Email: virtualchallenge@Midlothian.gov.uk or leave a message at:

0131 561 6561



Honesty and approximate timed distances

This is not a race so please be honest with your distances, you're only cheating yourself.

If you do not have a GPS tracker (Strava, Fitbit etc) here are approximate distances in relation to times.

- Walk: 10-12mins = 1km
- Run: 5-7mins = 1km
- Cycle: 2.5mins = 1km or 25mins for 10km

You can download Strava for free at <https://www.strava.com/mobile>. Or keep a log using a simple table with days of the week and distance columns.

How to log and send in distances

- Send your distances to the email box or leave a voice mail (include your **name**, **telephone number** and the **distance** you have completed for that week/month)
- If you want to upload your photos or any updates, you can send to Midlothian Council Facebook and or Twitter sites. Also, could let us know if you are doing the challenge that way we could send a few encouraging emails over the weeks.

Health, Safety and Tips

- All current government guidelines regarding physical distancing must be strictly adhered to.
- Be considerate to other people by keeping a 2m (minimum) distance at all times when passing in public.
- Do not drive somewhere unless absolutely necessary – stay close to home.
- Keep hydrated before, during and after sessions.
- Exercise in a well-lit place, be visible, if you exercise on your own let someone know where you are going and take a mobile phone if you have one.
- Wear suitable footwear and clothing for the weather conditions.
- Why not raise money for charity while you do the challenge.
- If you feel your fitness is low, build up time and distance sensibly each week.
- If you have a pre-existing health condition ask your GP for advice.

Have Fun, Be Safe and Keep Active

