

2021 MYZONE CHALLENGE SCHEDULE AT A GLANCE



August challenge: **The world's best immunity booster**

10 X \$1000 PRIZES

10 X MZ-SWITCHES FOR FACILITIES



October challenge: **Make it count**

10 EXPERIENCE DAY VOUCHERS WORTH \$500

10 X MZ-SWITCHES FOR FACILITIES



December challenge: **12 days of fitness**

10 X \$500 PRIZES

10 X \$500 DONATION TO WINNERS' CHOSEN CHARITIES

10 X MZ-SWITCHES FOR FACILITIES



2021 MYZONE CHALLENGE SCHEDULE



august

WHO

All Myzone movers.

WHAT

Myzone August challenge: The world's best immunity booster. This month, for every 100 MEPs you earn you'll get a ticket into the prize draw. We need to empower more people to move as much as possible. Every Myzone mover reaching the 1300 MEPs World Health Organization guidelines for physical activity will also get a bonus 13 tickets entry into the \$10,000 prize pool for the chance to win one of 10 \$1000 prizes. Every winner will also get 10 MZ-Switches for their facility.

WHERE

Exercise anywhere. You just need to wear your Myzone belt and upload your workouts.

Optional local challenge:

Clubs and operators to replicate competition at local level but only reward one person in 1300 MEPS pool, one person in 2600 and one person in 3600 MEPS pool.

WHEN

1st – 31st August.

HOW

To enter, simply follow the prompt to opt-in to the challenge when this is presented within the Myzone app.

WHY

As vaccines roll out around the world, there's still more we can do to keep ourselves healthy for longer. Physical activity provides continued protection against severe outcomes of so many illnesses. Benefits such as heart health and lung capacity, or immunity boosts, metabolic and mental health all come from simply moving more. It's time to listen to the research and give ourselves the best defence against not just COVID but so many long-term conditions.



2021 MYZONE CHALLENGE SCHEDULE



october

WHO

All Myzone movers.

WHAT

Myzone October challenge: Make it count.

Every Myzone mover who earns 1300 MEPs will be entered into the prize draw to win one of 10 experience day vouchers worth \$500. Every winner will also get 10 MZ-Switches for their facility.

WHERE

Exercise anywhere. You just need to wear your Myzone belt and upload your workouts.

WHEN

1st – 31st October.

HOW

To enter, simply follow the prompt to opt-in to the challenge when this is presented within the Myzone app.

WHY

Let's share experiences and keep motivating each other to stay active. After months of uncertainty, it's time we start to take back control and make every move count. Whether you're working out in the gym, hitting the trail and running through nature, or diving in to the deep end, we're back to making experiences to remember.

Optional local challenge:

Clubs and operators to replicate competition at local level but only reward one person in 1300 MEPS pool, one person in 2600 and one person in 3600 MEPS pool.



2021 MYZONE CHALLENGE SCHEDULE



december

WHO

All Myzone movers.

WHAT

Myzone December challenge: 12 days of fitness. Every mover must earn 1300 MEPs to be entered into the prize draw. Share your 12 photos on social throughout the month of December using the hashtag #Myzone12Days and we'll repost as many as possible across our channels. 10 winners will each receive a \$500 cash prize, \$500 donation to their chosen charity, and 10 MZ-Switches for their facility.

WHERE

Exercise anywhere. You just need to wear your Myzone belt and upload your workouts.

WHEN

1st – 31st December.

HOW

To enter, simply follow the prompt to opt-in to the challenge when this is presented within the Myzone app.

WHY

We're doing our best to make the holiday season better for everyone. Join us for 12 days of fitness to celebrate, spread cheer and give back to those less fortunate. Let's make sure everyone gets more this year – more fun, more movement, more support for people that need it.

Optional local challenge:

Clubs and operators to replicate competition at local level but only reward one person in 1300 MEPS pool, one person in 2600 and one person in 3600 MEPS pool.

