

Events ideas to get you started

Discover ways to involve your workplace in more physical activity. You can use these ideas as a springboard, adjusting to what suits your organisation and people.

Themes

- ▲ 30 for 30
- ▲ Spring Fling
- ▲ New Skill November
- ▲ Kickstart



Poster



Take part in our [30 for 30 Challenge](#)

Banner



Theme Overview

30 for 30

The 30 for 30 challenge asks participants to get active for 30 minutes each day for 30 days.

Thirty minutes is the recommended amount of physical activity we should all be aiming to clock each day and so this is a great way to encourage people to take note of their activity – even everyday activity – to create healthy habits they can maintain.

Make it a workplace team event

Ask people within your organisation to divide into teams. You could choose to make this a challenge within your department, or the opposite – create teams across departments to encourage people who don't usually work together to get to know each other.

Teams can be made up of any number of people, and those numbers can also differ across teams. The Get Active Victoria TEAMS functionality calculates team averages to keep things fair.

The goal is for each team member to track their physical activity each day for 30 days with the aim of reaching at least 30 minutes a day.

At the end of 30 days the organisation may choose to recognise the team that has clocked the most activity, and/or the team/s that reached their 30 for 30 goal. Another option is to acknowledge the most improved team by comparing team averages in week 1 versus week 4.

[Learn how to set up this challenge using the Get Active Victoria TEAMS functionality.](#)

Make it an individual leaderboard challenge

In this version of the 30 for 30, individuals challenge each other to meet their 30 minutes a day goal for 30 days.

Using Get Active Victoria TEAMS, create one overarching team for your workplace and ask people to join. Once joined, each team member must track their activity, aiming for 30 minutes each day.

At the end of 30 days the organisation may choose to recognise those that reached their 30 for 30 goal.

[Learn how to create a team for your organisation.](#)

Poster



Join our Spring Fling Challenge

Banner



Theme Overview

Spring Fling

Clock 30 minutes each day for 5 to 7 days in a row.

Fling your workplace into spring with this short and sharp week-long challenge, sure to get your people out of that winter rut and excited to move more as the weather warms up.

Let's face it, sometimes life gets in the way of longer challenges and so the Spring Fling is designed as a way for people to get the ball rolling towards 30 minutes of physical activity a day.

You may choose to cross into the weekend and make this a seven-day challenge, or keep it to a weekday-only event. Because it's short and intended to kickstart healthy habits, consider scheduling optional group activities across the challenge week.

Some ideas to try:

- The midday move: a pre-lunch team walk
- A scheduled time and space to complete a guided AROUND HOME video from the Get Active Victoria website – try yoga, stretching or strength training
- Arrange a lunchtime or after-work kick-to-kick or frisbee game at a local park
- Complete a short daily challenge as a team, like the ones found in Get Active Victoria's [CHALLENGES](#) page

Make it a team challenge

Ask people within your organisation to divide into teams. You could choose to make this a challenge within your department, or the opposite – create teams across departments to encourage people who don't usually work together to get to know each other.

Teams can be made up of any number of people, and those numbers can also differ across teams. The Get Active Victoria TEAMS functionality will calculate team averages to keep things fair.

The goal now is for each team member to track their physical activity each day with the aim of reaching at least 30 minutes.

At the end of the challenge, the organisation may choose to recognise the team that has clocked the most activity; and/or the team/s that reached their 30 minutes a day goal.

[Learn how to set up this challenge using the Get Active Victoria TEAMS functionality.](#)

Make it an individual leaderboard challenge

In this version of the Spring Fling, individuals challenge each other to meet their 30 minutes per day goal for one week.

Using Get Active Victoria TEAMS, create one overarching team for your workplace and ask people to join. Once joined, each team member must track their activity, aiming for 30 minutes each day.

[Learn how to create a team for your organisation.](#)

Make it a progress challenge

The idea here is for workplace teams to improve on a set physical activity across the week. The [PLANK CHALLENGE](#) is a great example of an improvement challenge to try.

On Day 1, team members record their baseline plank time. Throughout the week, they follow core exercises from the PLANK CHALLENGE video. On Day 5, they record their plank time again, aiming to improve from Day 1.

In a challenge like this, it's the improvement time that counts so no matter a person's ability everyone is competing to improve on their own time, rather than beat each other. An organisation could choose to recognise the most improved.

Other Progress Challenge ideas:

- Increase flexibility over a week with the [FLEXIBILITY CHALLENGE](#).
- The [STANDING CATCHES CHALLENGE](#) - how many times can you throw a ball against a wall and catch it in 30 seconds? Take an average from 3 attempts, practice over the week and see if you can improve.
- 60 Second Challenge—see how many push-ups, squats, step-ups or burpees you can do in one minute. Repeat each day with the aim to increase how many you can do by the end of the challenge week.
- Try making it time-based by challenging people to add five extra minutes of activity each day. People can choose to build up to 30 minutes per day or start on 30 minutes per day and go beyond.

Poster



Take part in New Skill November

Theme Overview

New Skill November

Is there a physical activity you've always wanted to try? Something that looks like fun but you've never found the time for? Perhaps something you're a bit apprehensive about, where a little moral support could make all the difference?

New Skill November inspires workplace teams to come together to try – and maybe even master – a new physical skill.

You pick the time frame – it could be over a single week or a fortnight – then have workplace teams decide on a physical skill. Each team could attempt to learn the same skill or choose something different from each other.

Get Active Victoria is an awesome companion here—there are so many things teams can try from AROUND HOME. Here's a few ideas:

- Learn a Bollywood dance or hip-hop routine
- Learn to moonwalk
- Try Barre or Yoga, Disco or Latin Dance
- Learn to juggle or hula hoop

Then, rather than track time, try sharing your progress via a team video. You could show your efforts at the start versus the end of the challenge; or, even come together on a Friday afternoon for a show and tell.

Banner



Poster



Join our Kickstart Challenge

Banner



Theme Overview

Kickstart

A short, focused push to jumpstart healthier habits.

Whether it's a fresh start to the new year or a mid-year reset, this week-long challenge is all about simplicity and flexibility. It invites your team to embrace 30 minutes of daily physical activity for one week, with the ultimate goal of kickstarting a sustainable routine.

You can choose to cross into the weekend and make this a seven-day challenge, or keep it to a weekday-only event. To make the week even more engaging, consider organising optional group activities like walks, yoga sessions, or activity challenges. It's a great way to foster team connections – plus a little social accountability is the perfect motivator for success!

Some ideas to try:

- Turn a meeting into a walking meeting.
- End a sit-down meeting with a 5-minute stop-and-move session or try an office-wide version a couple of times a day and see how it improves fatigue and focus.
- Complete a short daily challenge as a team, like the ones found in Get Active Victoria's [CHALLENGES](#) page.
- Schedule a lunchtime class like Pilates or Stretching using the guided AROUND HOME videos on the Get Active Victoria website.

Make it a workplace team event

Ask people within your organisation to divide into teams. You could choose to make this a challenge within your department, or the opposite – create teams across departments to encourage people who don't usually work in close proximity to get to know each other.

Teams can be made up of any number of people, and those numbers can also differ across teams. The Get Active Victoria TEAMS functionality calculates team averages to keep things fair.

The goal now is for each team member to track their physical activity each day with the aim of reaching at least 30 minutes.

At the end of the challenge, the organisation may choose to recognise the team that has clocked the most activity, and/or the team/s that reached their 30 minutes a day goal.

[Learn how to set up this challenge using the Get Active Victoria TEAMS functionality.](#)

Make it an individual leaderboard challenge

In this version of the Kickstart Challenge, individuals challenge each other to meet their 30 minutes a day goal for one week.

Using Get Active Victoria TEAMS, create one overarching team for your workplace and ask people to join. Once joined, each team member must track their activity, aiming for 30 minutes each day.

[Learn how to create a team for your organisation.](#)

Make it a progress challenge

The goal is for workplace teams to focus on improving a specific physical activity throughout the week. A great example is the FLEXIBILITY CHALLENGE, where participants work on their flexibility and improve their ability to touch their toes over a week.

Another option is the PLANK CHALLENGE, where participants track their progress and build strength over time. In challenges like these, the focus is on personal progress rather than competition – each individual aims to improve their own time, flexibility, or strength.

This can also be a time-based challenge, encouraging participants to add five extra minutes of movement each day. They can gradually build up to 30 minutes per day or start at 30 minutes and push beyond. Organisations can even recognise and celebrate the most improved participants.

For more inspiration, explore Get Active Victoria's challenges!