

60^{second} Challenge

Has your get-up-and-go, got up and gone?

We can help you find it in just 60 seconds!

Stop sitting, stand more and cinch that waist.

Did you know?

People who take more breaks from sitting throughout the day have slimmer waists, lower BMIs and healthier blood fat & sugar levels.

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Don't forget to send your #60secondchallenge photos & videos to pr@moveitorloseit.co.uk