

RAISE YOUR GAME

FREQUENTLY ASKED QUESTIONS

Do I have to be fit to start the RYG Challenge?

No, the only requirement is that you want to improve your health and fitness. The Raise Your Game challenge is for all abilities. Even those averse to exercise and healthy eating will enjoy this challenge!

How can Raise Your Game help me improve my health in just 6 weeks?

Our research (plus 20 years of experience) has shown that it is possible to improve in all of the challenge metrics in 6 weeks. Improvement in some areas also compounds improvement in others, for example: losing fat around your waist can help reduce your blood pressure and improve your resting heart rate.

What happens if I miss the sign-up deadline?

You can still participate in all the challenge activities to improve your health and wellbeing, but you won't be eligible for the charity prize fund.

Can I sign up after the start date?

Yes, but you may not be eligible to win the charity prize fund. Your heart will thank you though!

Can I log my own workouts?

Yes. The workouts won't count for extra points but the improvement in your fitness will.

Will extra workouts give me more points?

No. Raise Your Game Challenge takes an holistic approach to wellbeing – mental wellbeing, physical wellbeing and healthy eating are all included.

Can I take part with a work buddy?

Yes, you can enter the Challenge on your own or as a team of 4. Add this information to the sign-up form.

How do I win?

You measure your waist, heart rate, strength and flexibility at the start of the challenge and again at the end. In between you follow your trainer's guidance and complete the fun, easy(ish), weekly mini challenges. All of this scores you points and the 'most improved' with the highest score wins. Team final points are averaged.

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What if there is a tie between individual and team results?

One designated person from each team will compete with the individual in a live online Raise Your Game Quiz to test all the knowledge they have gained from the RYG content. Winner takes all.

What do I win?

Apart from measurable increases in health and fitness, more energy, improved sleep, claiming the leader board and being admired by your colleagues and family? The 'most improved' individual and team on each asset get to choose the charity to receive the company donations.

What charities can be nominated for the prize fund?

A list of approved charities will be communicated to you by your company

What happens at the end of 6 weeks?

You have the option to continue online training with our wellness coaches (free). The app is for you to use all year so that the changes are for life not just for 6 weeks.

I want to start using the on-board gym but I don't know how to use some of the equipment. Can you help?

Yes. We're familiar with exercise equipment on each asset so we can customise a programme and train you how to do each exercise safely and effectively.

What if I don't finish the challenge?

Sometimes life happens. If you don't finish the challenge, you have the option to continue online training with our wellness coaches – it's free so, why wouldn't you? The app is for you to use all year so that the changes are for life not just for 6 weeks.

Who should I contact if I have a technical issue with the app?

Email: pt@healthoutfit.co.uk