



**#17MinutesForMe**

## Information for Group Leaders

### What is #17MinutesForMe? How does it work?

Team Personal Best, England Athletics and Mind the mental health charity, have teamed up to create an exciting national online challenge called #17MinutesForMe. The challenge encourages participants to take 17 minutes of physical activity, 3 times a week, during the period of the champs to enhance their mental wellbeing. Young, old, active or inactive, **this is a challenge that everyone can take part in** either individually or with others.

### Signing up

Participants can visit [17minutesforme.com](http://17minutesforme.com) and sign up. Once complete, participants will receive 3 emails per week from a team leader with activity challenges and wellbeing messages. Activities are athletics and running-themed, and are simple and inclusive but also include progressions for those who want them. Registrations can be taken throughout the challenge giving people the option to join when they want throughout the summer.

### How can I get my group involved who aren't online?

If you are a leader and would like to get your group involved you can still access the challenges to share with them. There are 3 activities per week so if you are delivering these to a group who meets once per week, choose one to do with the group and why not give the other two as homework! For those who want an extra challenge, here are some ways you could make it harder are:

- i) Shorten the recovery or increase interval time
- ii) Pick a period of time e.g. 30secs, and see how many reps can be done
- iii) When running, mix in some faster intervals e.g 30 seconds
- iv) Choose a landmark and see if you can run there faster next time
- v) Use a lap to run on and track the time it takes to complete, with the aim of getting faster

The table below outlines the weekly activities and emails which can be shared with your group. These will be updated weekly so check in each week to find out what the activity and message is. Don't forget to download the emails from the website to get the messages from the week leaders to share!

### Do I have to register (all my group?)

No. This resource has been designed for group leaders to share with their groups who may not be able to access emails. The leader will need to register to be able to receive the emails. We would love to hear how your groups are getting on so please get in touch via social media and keep us posted on your progress!

### What do I do now?

1. Sign up at [17minutesforme.com](http://17minutesforme.com)
2. Share the emails & do the activities with your group. Or pick one/two to do and the others as homework
3. Keep in touch – let us know how you are getting on!

## Activities and emails

(these have been adapted for groups)

Week 1 Emails	Activity
<p><a href="#"><u>Week 1A</u></a> <a href="#"><u>Matt</u></a> <a href="#"><u>Hello</u></a></p>	<ul style="list-style-type: none"><li>• Take your 17 minutes with a walk or run at lunchtime</li><li>• If you like, try picking up the pace, or alternating your speed between quick and slow to get your heart rate going.</li></ul>
<p><a href="#"><u>Week 1B</u></a> <a href="#"><u>Matt</u></a> <a href="#"><u>My Story</u></a></p>	<ul style="list-style-type: none"><li>• 6mins warm up</li><li>• Find some stairs, run up them</li><li>• Jog across the top</li><li>• Run back down stairs and repeat</li></ul> <p><b>Alternatives:</b></p> <ul style="list-style-type: none"><li>• No stairs? Use a curb and do 45sec reps of step ups instead. Jog for a minute then repeat step ups</li><li>• Use a small hill and do hill repeats</li><li>• Do the session as a relay in your group!</li></ul>
<p><a href="#"><u>Week 1C</u></a> <a href="#"><u>Matt</u></a> <a href="#"><u>Important!</u></a></p>	<ul style="list-style-type: none"><li>• 4mins warm up</li><li>• Walking or running intervals: 1min running, 1min walking (recovery). Repeat x5</li><li>• 2mins cool down</li></ul> <p><b>Alternatives:</b></p> <ul style="list-style-type: none"><li>• If running is too much, try walking faster for 1min then recover with an easy walk</li><li>• Make it harder by running fast for 1min and jogging for 1min recovery</li></ul>
Week 2 Emails	Activity

<p><u>Week 2A</u> <u>John</u></p> <p><u>Meet John</u></p>	<p>As a group, run to your favourite landmark 8mins away and run back</p>
<p><u>W2B</u> <u>John</u></p> <p><u>My First Selfie</u></p>	<p>Meet and greet sessions (use a small loop)</p> <ul style="list-style-type: none"> <li>• Warm up 3min</li> <li>• Get in to pairs. Run in opposite direction around the loop until you meet each other.</li> <li>• High 5 then turn around and run back to the start. Repeat until 17mins complete!</li> </ul> <p><b>Alternatives:</b></p> <ul style="list-style-type: none"> <li>• Run out to meet partner but walk on the way back</li> <li>• Run hard on the way out and easy on the way back</li> </ul>
<p><u>Week 2C</u> <u>John</u></p> <p><u>Introducing Anna!</u></p>	<ul style="list-style-type: none"> <li>• Warm up 4 mins</li> <li>• Take a steady run and every 3<sup>rd</sup> minute run faster</li> <li>• Cool down</li> </ul> <p><b>Alternatives:</b></p> <ul style="list-style-type: none"> <li>• Walk and every 3 minute walk faster</li> </ul>
<p><b>Week 3 Emails</b></p>	<p><b>Activity</b></p>
<p><u>Week 3A</u> <u>Anna</u></p> <p><u>Take time for yourself</u></p>	<p>You will need a ball or a small object e.g. bottle of water</p> <ul style="list-style-type: none"> <li>• Warm up 6 mins (add 1min star jumps for a fun progression!)</li> <li>• Core stabilising - balancing on one leg for 1minute then the other</li> <li>• All stand in circle or line. Stand on one leg and pass the ball round the circle/to end of line.</li> <li>• Swap legs and pass ball back to the beginning</li> <li>• 6min run/walk</li> </ul>
<p><u>Week 3B</u> <u>Anna</u></p> <p><u>Permission to put yourself first</u></p>	<ul style="list-style-type: none"> <li>• 6 min warm up</li> <li>• Sit down on the ground or a bench</li> <li>• Lift one leg up and hold for 10 seconds</li> <li>• Swap legs and repeat (Remember to take deep breaths)</li> <li>• Optional progression - challenge yourself to a 30 second plank!</li> <li>• Walk or run the final 6 minutes</li> </ul> <p><b>Alternatives:</b></p> <ul style="list-style-type: none"> <li>• lift both legs up at once to make it harder</li> <li>• hold legs up for longer</li> <li>• hold plank for longer</li> </ul>

<p><b><u>Week 3C</u></b> <b><u>Anna</u></b></p> <p><b><u>Test your core</u></b></p>	<ul style="list-style-type: none"> <li>• 3 minutes walking or jogging to a local park</li> <li>• Pick up the pace for 2 minutes - try to walk or jog at a faster pace</li> <li>• Try a plank for 30-45 seconds, or as long as you can manage</li> <li>• Balance test - stand on one leg, and bring the opposite knee up towards your chest. Straighten, then bring it to the side slowly. Repeat, 10 each side</li> <li>• Bicycle legs - sit on the ground (or a bench), lift your legs and bring them to your chest one at a time in a bicycle action</li> <li>• Finish by sitting on the ground and focusing on your breath. Take in your surroundings, relax and be mindful.</li> </ul>
<p><b>Week 4 Emails</b></p>	<p><b>Activity</b></p>
<p><b><u>Week 4A</u></b> <b><u>Donna</u></b></p> <p><b><u>Get active this week</u></b></p>	<ul style="list-style-type: none"> <li>• Warm up for a few minutes, walking/running outdoors or on the spot</li> <li>• 30 seconds of high knees (at walking pace, for an easier option)</li> <li>• Try a plank for 30-45 seconds, or whatever you can manage! (Try this on your knees for an easier option)</li> <li>• Do as many star jumps as you can in 30 seconds/1 minute (Take out the jump and just step out to the side for an easier option)</li> <li>• Break, and repeat!</li> </ul>
<p><b><u>Week 4B</u></b> <b><u>Donna</u></b></p> <p><b><u>Refresh your body and mind</u></b></p>	<ul style="list-style-type: none"> <li>• 6 minutes walking or running (this could be on the spot)</li> <li>• 30-45 seconds of squats, then rest (add jumps in between squats for a fun progression)</li> <li>• 2 minutes star jumps, then rest</li> <li>• Cool down with a jog, and some gentle stretches.</li> </ul>
<p><b><u>Week 4C</u></b> <b><u>Donna</u></b></p> <p><b><u>My last challenge</u></b></p>	<ul style="list-style-type: none"> <li>• 6 minute walk/run to warm up (this could be on the spot)</li> <li>• 30/45 seconds star jumps (omit the jump, and step out to the side for an easier option)</li> <li>• 30/45 seconds small bunny jumps</li> <li>• 30/45 seconds standing long jumps, then rest (try lunges for an easier option)</li> <li>• 6 minute walk/jog then stretches to cool down.</li> </ul>
<p><b><u>Week 5A</u></b> <b><u>Lucy</u></b></p>	<ul style="list-style-type: none"> <li>• 1) Warm up with some stretches (3 mins)</li> <li>• 2) Take a 12 minute walk or run, and try every third minute at a faster pace</li> <li>• 3) 2 minutes cool down/walk at an easy pace.</li> <li>• For a more difficult option, try a 1 minute plank after your faster pace interval.</li> </ul>
<p><b><u>Week 5B</u></b> <b><u>Lucy</u></b></p>	<p>Go for a 17 minute walk or run, and try to go at a pace that allows you to keep chatting. If you're feeling up for it, up the pace every third minute.</p>

<p><b><u>Week 5C</u></b> <u>Lucy</u></p>	<ul style="list-style-type: none"> <li>• Warm up by running or jogging for 5 minutes - maybe round the block, in the park or even on the spot.</li> <li>• Try 30-60 seconds hopscotch</li> <li>• Take 2 minutes of lunges, alternating between legs</li> <li>• Repeat your hopscotch and lunges!</li> <li>• Finish up with 5 minutes gradually slowing down from a run, to jog, to walk. Take a minute stretching gently.</li> </ul>
<p><b><u>Week 6A - Nick</u></b></p>	<ul style="list-style-type: none"> <li>• Giving back is a brilliant way to help increase our sense of mental wellbeing.</li> <li>• So for today's 17 minutes, let's give something back. You could take a trip round to a relative's house who needs some company, run an errand for someone in need or even offer to walk your neighbour's dog!</li> </ul>
<p><b><u>Week 6B - Nick</u></b></p>	<ul style="list-style-type: none"> <li>• Try to take at least #17Minutes helping out a friend, relative or neighbour today - you could take their dog for a walk, help clean their house or even do their shopping.</li> <li>• Have fun! Remember, if you'd rather just take a #17Minute walk or run today, or try another activity, that's great too.</li> </ul>
<p><b><u>Week 6C - Nick</u></b></p>	<ul style="list-style-type: none"> <li>• For today's #17MinutesForMe challenge, you could do someone's Hoovering, wash a car, clean the windows or anything else you can think of to help someone else!</li> <li>• You could also add some running or star jumps to your 17 minutes - just to get the heartrate going!</li> </ul>
<p><b><u>Week 7A - Adele</u></b></p>	<ul style="list-style-type: none"> <li>• Go for a full 17 minute run, jog or walk, and jam out to <a href="#">my playlist!</a> You could mix it up by running/walking faster every third minute.</li> <li>• Seated alternative: Stretch your arms to the side then circle them forwards, then backwards</li> <li>• Take some gentle stretches, up, down, and side to side</li> <li>• Try an imaginary push throw from chest height - imagine you're holding a ball, then push it firmly from your chest outwards, remembering to engage your core</li> <li>• Rest, and repeat until your #17Minutes is up.</li> </ul>
<p><b><u>Week 7B - Adele</u></b></p>	<ul style="list-style-type: none"> <li>• Today's challenge - walk, run or jog for 17 minutes and get motivated with your favourite blasts from the past.</li> <li>• Try adding in a plank for 30-45 seconds, for an extra challenge!</li> <li>• Seated alternative - Arm circles backwards and forwards</li> <li>• Stretches - upwards, downwards, and to each side</li> <li>• Upper body rotations</li> </ul>
<p><b><u>Week 7C - Adele</u></b></p>	<ul style="list-style-type: none"> <li>• For today's #17MinutesForMe, try out some new music while running, jogging or walking for 17 minutes - you never know what you might find!</li> <li>• If you're not sure what to listen to, here's a Spotify playlist of tunes put together by you and others taking part in #17MinutesForMe!</li> <li>• Seated alternative - Arm circles backwards and forwards</li> <li>• Stretches - upwards, downwards, and to each side</li> <li>• Air punches - with each arm towards the opposite side of your body, straight forwards and upwards into the air.</li> </ul>

