



CHALLENGE WINNERS ANNOUNCED

UNIVERSITY OF QUEENSLAND



WWW.15MINCHALLENGE.COM.AU

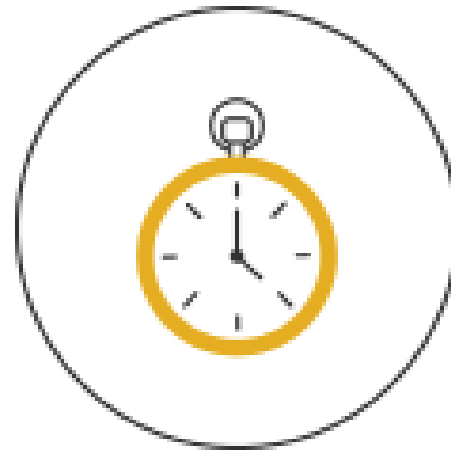


**CONGRATULATIONS EVERYONE FOR
INVESTING IN YOUR HEALTH &
WELLBEING!**



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How Did The Challenge Work?



1. Find 15 Minutes a Day

Simply be active for just 15 Minutes a Day for it to count as an "Active Day". No matter what the current fitness level or how busy people are, they can always find 15 minutes a day to invest towards their health



2. Track Their Progress

Participants join or create a team. Record their progress on our easy-to-use Online Platform. See how their team tracking and where it is placing on the organisation's leaderboard.



3. Win The Challenge

Participants exercise for as many days as possible during the 6-week challenge. The team that exercises the most "Active Days" for at least 15 minutes per day wins the challenge and some awesome prizes!

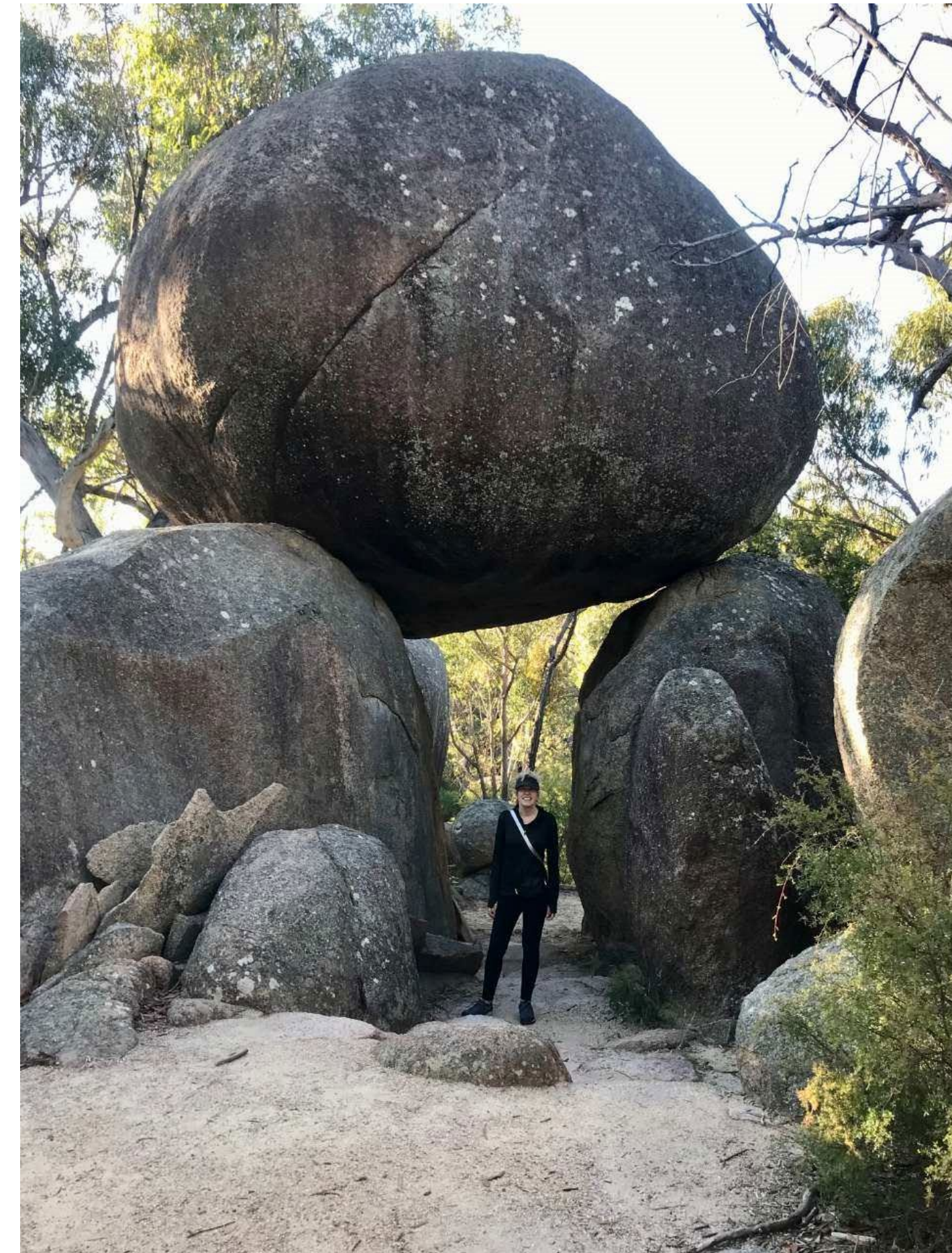
University of Queensland Challenge Statistics

- **Number of Active Participants:** 548
- **Number of Teams:** 81
- **Total number of exercise days:** 17,497 days
- **Total number of minutes exercised:** 890,285 minutes
- **18 teams scored above 90%!**

University of Queensland Challenge Statistics

- **Number of hours exercised per person:** 27 hours
- **Number of minutes exercised on average per day:** 39 minutes
- **Average number of days exercised per person:** 32 days out of 42 days

SOME PHOTOS SHARED
DURING THE CHALLENGE











A person with long blonde hair, wearing a red beanie, a dark jacket, and a blue backpack, stands with their back to the camera, arms raised in a celebratory gesture, overlooking a calm lake with a forested shoreline in the background.

INDIVIDUAL WINNERS

BEST PHOTO COMPETITION

BEST PHOTO POSTED ON THE POST PAGE

Photo Competition Winner #1



Katherine Ewen
(Team Moxico)

Photo Competition Winner #2



Mayra Hill
(Team Breathless)

Photo Competition Winner #3



Laura Hassett
(BELInternational)

TIP ON HEALTH AND WELLBEING

SELECTED FROM SUBMISSIONS DURING THE
CHALLENGE

Tip on Health and Wellbeing

Alix Ximena Pinzón-Olive
(Rock Stars)

Prize: \$50 Rebel Sports Voucher



BEAT/MATCH YOUR SCORE AWARD

THE PERSON WHO MATCHED OR BEAT THEIR SCORE
IN THE SECOND HALF OF THE CHALLENGE (DRAWN
OUT FROM PARTICIPANTS MEETING THE CRITERIA)

Beat/Match Your Score Award

***Merinda Hall
(SMI & JKTech)***

Prize: \$50 Rebel Sports Voucher

SELF-IMPROVEMENT AWARD

THE PERSON WHO MATCHED OR IMPROVED THEIR
NUMBER OF DAYS EXERCISED THROUGHOUT THE
CHALLENGE COMPARED TO THE PRE-CHALLENGE
SURVEY (DRAWN OUT FROM PARTICIPANTS
MEETING THE CRITERIA)

Self-Improvement Award

Drashti Shah

(FBS Payment Sprints & Splits)

Prize: \$50 Rebel Sports Voucher

FRESH START PRIZE

THE PERSON THAT EXERCISED EVERY DAY IN WEEK
5 OF THE CHALLENGE (DRAWN OUT FROM
PARTICIPANTS MEETING THE CRITERIA)

Fresh Start Award

Michael Murphy
(CircularNextUsers)

Prize: \$50 Rebel Sports Voucher



STAR PERFORMER AWARD

THE PERSON NOMINATED WHO WENT ABOVE AND BEYOND AND WAS AN INSPIRATION FOR OTHERS

Star Performer Award

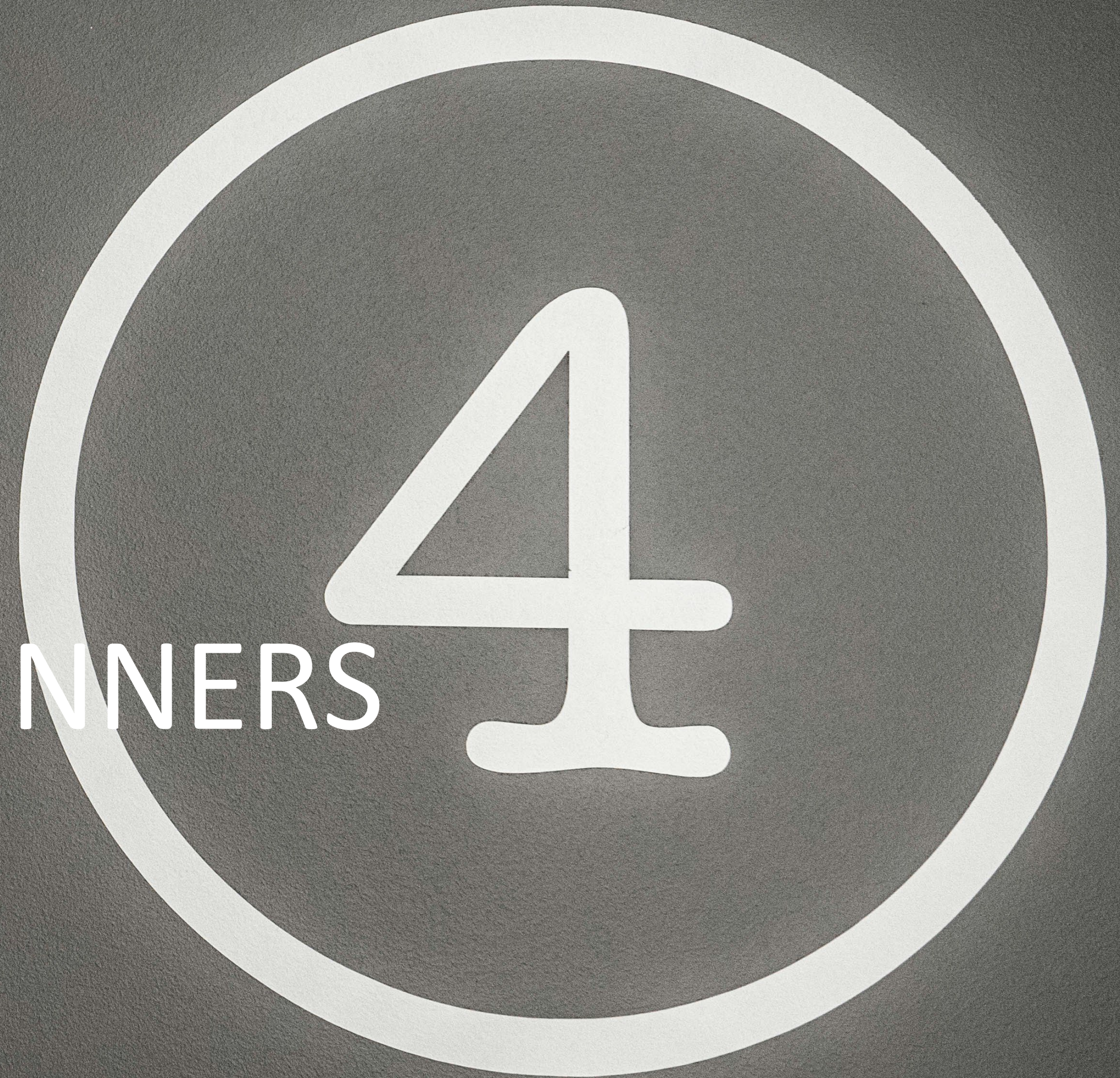
Ross Dixon
(QBlers)

Prize: \$50 Rebel Sports Voucher

WINNING TEAM AWARDS

THE COMPETITION HAS BEEN EXTREMELY CLOSE WITH
FOUR TEAMS FINISHING AT 100%! THE TIE-BREAK WAS
SETTLED BY THE AVERAGE NUMBER OF MINUTES
EXERCISED BY EACH MEMBER OF THE TEAM.

4TH PLACE WINNERS



4th Place – Team: MUScle MUSCULUS

Liesel MacDonald (Captain)

Team Score: 100%

Caitlyn Scherger

42/42 Days

Mickayla Heinemann

Samara Ott

***2,433 average minutes of exercise per
person***

Sebastian Aguilera

Kai Bessee

London Hollingshead

Angela-Raye Nielsen

3RD PLACE WINNERS

3rd Place – Team: ITS Flex Force

Adam Carew (Captain)

Team Score: 100%

Teresa Lim

42/42 Days

Daniel Howorth

Lucas Rossdeutscher

***2,683 average minutes of exercise per
person***

Deborah Roberts

Carissa Reck

Luke Angel

Tracy Williams

Prize: \$50 Rebel Sports Voucher to each team member

2ND PLACE WINNERS

2nd Place – Team: BELInternational

Laura Hassett (Captain)

Erin de Lacy

Helen Lee

Ana AbuBakar

Michael Chen

Lisa Drew

Team Score: 100%

42/42 Days

***2,713 average minutes of exercise per
person***

Prize: \$75 Rebel Sports Voucher to each team member



1ST PLACE WINNERS

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1st Place – Team: Slimming Gang

Hanyu Zheng (Captain)

Yufei Chen

Ning Chen

You Luo

Yanlin Sun

Viviene Santiago

Team Score: 100%

42/42 Days

***3,308 average minutes of exercise per
person***

Prize: 15 Minute Exercise Challenge Cup and \$100 Rebel Sports Voucher to each member!



YOU HAVE WON THE 15 MINUTE CHALLENGE CUP

YOUR TEAM NAME WILL BE ENGRAVED ON TO THE TROPHY

Other Outstanding Results

90%+ Team Score

- ***M&C Wellness Warriors 1***
- ***Little RI-ppers***
- ***FBS Payment Sprints & Splits***
- ***MUScle Sprouts***
- ***Chocky Pretzels***
- ***SoMMElers HSW***
- ***ITS Ctrl-Alt-Defeat Inactivity***
- ***Cash Us If You Can***
- ***Guest Medical Exercisers***
- ***Safety team***
- ***The Cake Pausers***
- ***Hikers***
- ***Team Moxico***
- ***SADdies***



THANK YOU FOR TAKING PART
IN THE 15 MINUTE CHALLENGE