



Challenge Description:

Start 10th Oct

End 30th Oct

This challenge will inspire you to develop habits that boost your mental wellbeing, while contributing to a great cause – The Samaritans

The goal is to take 30 minutes per day for yourself, 5 days a week over 3 weeks. Any activity counts, walking running, cycling, yoga, meditation etc

If participants track 30,000 days of activity Irish Life will donate €10,000 to the Samaritans (min. 30 minutes continuous activity counts as 1 day)

You'll also have the opportunity to win great prizes for you and your club. Any participant who achieves our weekly targets will be entered into our weekly prize draws for:

Week 1: 25x £50 Amazon.co.uk Gift Cards

Week 2: 30x Fitbit Charge 4

Week 3: 5x €500 Ireland's Blue Book Voucher

One lucky participant will win an expert coaching & wellbeing event with Oisín McConville for their local GAA club.

Track your activity with a fitness wearable (e.g. Fitbit) or fitness app (e.g. Google Fit or Samsung Health for Android or Apple Health for iPhone) connected to MyLife

How do club members & community join the challenge?

1. Download the MyLife app from the App store or Google Play store
 - Apple App Store - <https://apps.apple.com/ie/app/mylife-by-irish-life/id1459620652>
 - Google Playstore - <https://play.google.com/store/apps/details?id=com.irishlife.mylife>

2. Register your details
3. Tap on the social tab on the MyLife app
4. Select challenges
5. Select GAA Healthy Clubs My Mind Matters Challenge

Tap on join

(For MyLife App support and help: Email [**support@mylife.irishlife.ie**](mailto:support@mylife.irishlife.ie))

(The GAA coordinator is Blanaid Carney and can be contacted on email blanaid.carney@gaa.ie)