



Million Moves
1-21ST SEPTEMBER 2026



We are thrilled that you have pledged your commitment to the Million Moves. This guide has all the information you need to get started.

What is Million Moves:

75% of Australians aren't moving enough.. and that's our parents, friends, kids, and communities. Million Moves isn't just a exercise challenge, it's a movement to change that. From 1-21 September, we are asking Australia to complete to get moving for 21 days.

1 minute of movement = 1 move
Every minute counts. Every move matters.

Any movement counts, big or small, seated or standing, high or low impact. No cost. No catch. Just sign up and start moving for your health, your family, and the 75%.

Why is it called Million Moves

It's a goal we can all move toward, together. Every squat, step, stretch and spin adds up. One person can make a difference, but millions of us can create a movement. This year we are asking, How many millions of moves can 2025 achieve?



Sadly according to the Australian Institute of Health and Wellbeing (ABS 2022b)

“it is estimated that 75% of adults aged 18–64 do not meet both the physical activity component and the muscle-strengthening component of the Guidelines.”



What is a move?

The challenge designed to make movement simple, accessible and achievable for everyone

In 2026, the challenge introduces a new way of thinking about movement:

1 Move = 1 Minute of Movement

Whether it's a walk, stretch, workout, or playing with the kids. Every minute you move counts towards the challenge.

The goal is simple: build a daily habit of movement, no matter your starting point.

As a not-for-profit, AUSactive's mission is simple: to get Australians moving. This challenge is open to everyone, whether you are an athlete or just starting your fitness journey, every move matters. There are no catches. Just sign up and get moving!



Spark Starter: 15 minutes of movement

Perfect if you're just starting out, getting back into movement, or looking to move a little more each day.

Did you know?

Just 15 minutes of exercise a day can increase life expectancy by up to 3 years and reduce the risk of early death by around 14%.

Chair Sit to Stand

- Start seated. Place feet shoulder width apart.
- Tighten your stomach, keep your chest tall and drive through your heels to a standing position.
- Slowly lower yourself back to the seat. That's 1 repetition.

Walk

- Get outside, put one foot in front of the other and clock up those steps!
- Walk 15, 30 or 60 minutes



The Momentum Mover: 30 minutes of movement

Where consistency starts to build real health benefits and you make the time to prioritise movement in your routine.

Did you know?

30 minutes of moderate exercise most days can reduce the risk of heart disease, stroke and type 2 diabetes by up to 30–40%.

Bodyweight Squats

- With feet just outside shoulder width apart, bring your hips and ribs together, stick your chest up, figuratively “screw” your feet into the floor.
- Push your hips back, and lower them to knee level.
- Drive through your mid-foot back to a standing position.

Lunges

- Take a big step forward keeping your chest tall and stomach tight.
- Drop your back knee as low as you can with control.
- Push through your front heel to bring the foot back to a standing position.



The Power Performer: 60 minutes of movement

For those who love movement/want to challenge themselves. You might even find yourself moving more.

Did you know?

Around 60 minutes of daily activity can significantly improve mental health, reduce stress, and boost mood by increasing endorphins and serotonin

Run

- Find your route, slap on your running shoes and hit the pavement/gravel/beach! To go even further, try a different route every day!

Swim

- Beach or pool, or both! Change up those strokes to keep the body balanced.

Burpees

- Place your hands on the ground, then lower your entire body to the ground to make ground contact with your chest and legs.
- With stomach tight, push the ground away, jump/step the feet up to the outside of your hands then jump off the ground. That's one rep.



Recover right

Within our lives there are many forms of stress: work stress, life stress, family stress AND stress on our bodies from our workouts. Each one of these flows into the one big bucket.

If we want our health to improve and bodies to change, we must ensure we are recovering from the good stress, and reducing the bad.
Here are our 3 big recovery tips:

Stretch

Our modern day lives leave us bound up and tight. So we recommend stretching, even just a little

- Watching TV at night? Hit the floor and do a pigeon pose.
- Waiting in line? A quick quad stretch.
- Playing with the kids? Sit in the bottom of a squat.

Walk

Feeling sore? Motion is lotion. Gentle light movements will push the blood around the body, helping those damaged muscles. Bonus points if you do it outside in direct sunlight.

Sleep

The most impactful thing you can do for your health is sleep better. We recommend waking up at the same time every day, even on weekends. Do this long enough and you'll find consistency in your sleep quality.



Fuel yourself

Good nutrition doesn't have to be complicated. So to assist you on your Million Moves journey, we encourage you to make some nutritional moves as well.

Eat Whole Foods

Our body's have evolved to digest whole natural foods. Thus, our bodies will thrive if we consume enough of them. Stick to vegetables, fruit, meats, whole grains, dairy, nuts, seeds and legumes, and FEEL the difference.

Limit Processed and Packaged Foods

These foods tend to have excess calories and low quality ingredients. Limiting these may help with regulating energy and appetite throughout the day.

Drink Water

A no brainer, right? But let's take stock for a second. Are you drinking the recommended 2.1-2.6 Litres of water per day? Not tea, not coffee, just straight up H2O? If not, time to grab the old water bottle from the top cupboard, and get sipping.





Share it!

We would love to see how you and your community have made your moves during the challenge. Grab a pic or a quick video and share it with us. You never know who you might motivate to take action.

Bring your stories to life on social media by taking photos and videos documenting your journey during the 21 day challenge.

Lacking inspiration for what to post? You can access our custom Canva graphics on our website, www.millionmoves.org.au including social tiles, trackers, posters and more.

Use **#MillionMoves** on Instagram and don't forget to tag us in your posts and stories **@_million_moves** so we can re-post and inspire the nation.





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