The 450 Movement Challenge

**WHAT is the challenge?**

* Regular physical activity can produce long term health benefits. People of all ages, sizes and abilities can benefit from including movement into their day! As part of our wellness initiative, we want to encourage you to aim for at least 450 minutes of movement each month. “Movement” can include walking, jogging, swimming, gardening, lifting weights, etc.  Just about anything that gets you up and moving and gets your heart rate moving right along with you.

Note: If you haven't exercised in a while, or are recovering from a recent illness or injury, check with your doctor before starting a program. Begin with lower intensity exercises and gradually work up to more structured workouts.

**WHO can participate?**

* All faculty and staff. You do NOT have to be enrolled on the university’s medical plan to participate.

**HOW do I participate?**

* F/S enrolled in the medical plan:
  + Manually log your movement minutes in the Wellvibe Fitness Center within 7 days of completing your activity and *before the last workday of the month*.
  + OR if you have a Fitbit, link to your Fitbit account by clicking *Link Your Fitbit* in the Wellvibe Fitness Center and following the instructions. **Note:** Any time you add/log time manually it will overwrite data that is auto populated by Fitbit.
* F/S not enrolled in the medical plan:
  + Manually log your movement minutes using the log attached and email or bring to Lindsey Green ([lgreen@uca.edu](mailto:lgreen@uca.edu) Wingo Hall 109) *by the last workday of the month*.

**PRIZES**

* Logs with 450 minutes recorded and turned in *by the last work day of the month* will go into a drawing.
* 5 names will be drawn and each winner wins $50 in Bear Bucks!