

# GET MOVING UC

**Challenge 4/4-4/29**

**Earn up to 40 points and a chance to win additional prizes!**

*The Centers for Disease Control and Prevention (CDC) and the Office of Disease Prevention and Health Promotion (www.health.gov), adults should have 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (e.g., brisk walking) every week.*

Get Moving UC is a physical activity challenge designed to encourage you to move more. With Get Moving UC, you can record your physical activity over the course of the 4 week challenge (April 4-April 29) to identify days and ways to improve. It's important to take your time working up toward this amount of activity if just starting out, building up your ability to Move Well. If you've already been exercising – see if you can find days where you can fit in a little bit more!  
*As with any new health habit, if you're unsure about getting started, check with your healthcare provider first.*

**If you have access to the portal** –this form is optional to help you keep track as you go & transfer to the portal weekly.

- Login to [www.assethealth.com/bewelluc](http://www.assethealth.com/bewelluc), by April 3 to register – either as a team or as an individual.
- On April 4, click on the Get Moving tab at the top of the page to log your activity – you'll select an avatar and color to personalize your experience and then add minutes for each day you *Get Moving (don't worry – rounding is ok!)*.
- A leaderboard will be posted for both individuals and teams – check in to see how you're doing as you go.
- Message boards will also be available to help you stay connected with others and for additional motivation.
- Additional prizes will be awarded to individuals and teams that participate.
- Earn 10 points per week you track - we recommend setting an appointment in your calendar to do this as *you can only log activity for up to 1 week after it occurred (don't wait until the end!)*.
- After the challenge has completed, you'll have 1 week to review your activity levels and consider what areas you may want to continue to improve upon.

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 1 Minutes							
Week 2 Minutes							
Week 3 Minutes							
Week 4 Minutes							

**If you don't have access to the portal** – that's ok! Consider this your way to “play from home” so you can still work to add activity to your day and feel great this spring! If you would like to be entered into the drawing, please submit your name and submit your form via email to [wellness@uc.edu](mailto:wellness@uc.edu) or mail to Ashley Varol/ML0039 by May 6.

Name: \_\_\_\_\_ Email: \_\_\_\_\_ ML: \_\_\_\_\_



## Move Well

*Questions?*

Please contact [wellness@uc.edu](mailto:wellness@uc.edu)  
[uc.edu/hr/bewelluc](http://uc.edu/hr/bewelluc)