GET moving Challenge

October 3, 2016 – October 30, 2016

WEEKLY PRIZES & GRAND PRIZE
This packet is a review of the program and has all of the paper documents needed if you don’t use the on-line version.

PROGRAM
The University of North Dakota (UND) Health & Wellness unit and partners are coordinating a 4-week Get Moving challenge designed for UND staff, faculty, students and their teammates (co-workers, spouses/partners, and family members) to track steps for a healthier YOU!

You can borrow pedometers from the Wellness & Health Promotion on a first come – first served basis. If you have a Fitbit, Garmin, Jawbone, or other activity tracking device, please use those. There are also Smart phone applications that you can use, such as: http://www.accupedo.com.

If you have injuries that prevent you from moving, have no fear, you can convert your minutes of “non-walking” activity into steps. You will see a conversion chart in this packet.

GETTING STARTED
To participate and be eligible for prizes, you will need to:
• Decide if you are going on your own, or get into a team of 2, 3, 4, 5 or 6. Teams typically have better results in finishing the challenge.
• Get started on-line: und.edu/getmoving or complete the attached registration and pre-assessment and mail to: the Wellness Center, Mail Stop 8365.

LOGGING YOUR STEPS
You will need to complete the step logs weekly on-line at und.edu/getmoving OR return paper entries by Wednesday of the next week to be in the weekly drawing (Mail Stop 8365 or fax: 701-777-6030).

BENEFITS:
The benefits include improved health, but also team-like spirit, more movement, better circulation, more brain stimulation, increased clarity and more! You are also eligible for prizes.

Points (Staff/Faculty only):
Staff and faculty can add this activity to your NDPERS/UND vouchers points in the new on-line system through Sanford (Novu). By completing this activity and three others (by June 2017) you will earn you 6,000 points ($60) through Novu by submitting your voucher.

PRIZES

Individual Prizes:
• $25 Gift Card (Scheel’s or Target): Most referrals by an individual
• $10 & $20 Gift Card (Scheel’s or Target): One of each given each week

Team Prizes:
• Tossed Fresh FREE Salad: One coupon per team member given each week
• Tossed Fresh FREE Salad & Pedometer: Most creative team name
Grand Prize:

- **A New Pair of Tennis Shoes**: Eligibility requires the participant to complete ALL 4 weeks of the Get Moving Challenge and submit your weekly step log on time.

  (for participants who do not live in Grand Forks, we will find a sporting goods store in your area)

**TIMELINE:**

Registration: September 12 – October 9, 2016
Challenge dates: October 3 – October 30, 2016

Week 1: (Oct 3 – Oct 9):
- **Weekly step log** needs to be completed electronically or mailed by: 10/12/16 at 4:30pm.

Week 2: (Oct 10 – Oct 16)
- **Weekly step log** needs to be complete and mailed by: 10/19/16 at 4:30pm.

Week 3: (Oct 17 – Oct 23)
- **Weekly step log** needs to be complete and mailed by: 10/26/16 at 4:30pm.

Week 4: (Oct 24 – Oct 30)
- **Weekly step log** needs to be complete and mailed by: 11/2/16 at 4:30pm.

**RESOURCES**

This chart may be helpful in determining your activity level and to help set goals for yourself:

<table>
<thead>
<tr>
<th>Steps per day</th>
<th>Activity Level</th>
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</thead>
<tbody>
<tr>
<td>&lt;5,000</td>
<td>Sedentary</td>
</tr>
<tr>
<td>5,000 – 7,000</td>
<td>Low Active</td>
</tr>
<tr>
<td>7,500 – 9,999</td>
<td>Somewhat Active</td>
</tr>
<tr>
<td>10,000 – 12,500</td>
<td>Active</td>
</tr>
<tr>
<td>&gt;12,500</td>
<td>Highly Active</td>
</tr>
</tbody>
</table>

*Developed by C Tudor-Locke and DR Bassett Jr (2004)*

**Increasing your steps:**

For most people, increasing your average daily steps each week by 500 per day is a reasonable goal. For example, if you are currently averaging about 5,000 steps a day, your goal for the first week would be 5,500 steps. For week two, your goal would be 6,000 steps each day and so on. Your ultimate goal over time would be to reach 10,000 steps a day (or more!). You may not be able to achieve 10K-A-Day within the 4-week challenge, but we encourage you to continue the progression! Taken from [http://www.thewalkingsite.com/10000steps.html](http://www.thewalkingsite.com/10000steps.html)
* 2,000 steps = 1 Mile
* 10K/Day = 5 Miles

**COUNTING STEPS FOR OTHER ACTIVITIES**

Don’t forget: You can reach your step goals in other ways. With the following step conversion chart, you can calculate the number of steps equivalent to other activities you might take part in.

**How to calculate:**
Simply multiply the numbers of steps indicated next to the activity by the number of minutes you spent on the activity. For example, stacking firewood equals 2,670 steps (89 steps x 30 minutes).

See last pages for conversion sheets or use a web-conversion option, such as http://www.convertunits.com/from/steps/to/miles

**ARE YOU READY FOR PHYSICAL ACTIVITY?**

Physical activity is fun, healthy, and safe for most individuals, however, if you are new to exercise or seldom participate in any physical activity, it is important to determine whether you should seek consultation by a physician before increasing your physical activity. Below are questions from the PAR-Q, a questionnaire designed to determine physical activity readiness for people ages 15-69. If you are older than 69 years old and not physically active, talk to your physician before you start exercising.

**PAR-Q: Physical Activity Readiness Questionnaire**

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
   6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

*** If you answered yes to any of the questions, it is important to talk with your physician before you become more physically active. If you answered no to all of them, it is likely you are ready to safely begin your exercise regimen. Source: http://www.acsm.org/AM/Template.cfm?Section=Home
Get Moving Challenge
Registration Form - Fall 2016

1. Name (first and last): ________________________________

2. IDM (for employees and students): ________________________________ (usually firstname.lastname)
   *Spouses/family/teammates will set this up with e-mail instructions.

3. E-mail: ________________________________ (This will be used to send weekly messages)

4. Phone: _______________ (This will be used to contact you if you are a prize winner)

5. How did you first hear about the Get Moving Challenge? (check ONE)
   □ Email
   □ Word of Mouth
   □ Website
   □ Facebook
   □ Work Well newsletter
   □ Event: Information at an event
   □ Other: ________________________________

6. Did a colleague/classmate encouraged you to sign-up? Submit their name. If they get the most referrals, they will win a $25 gift card.
   ________________________________

7. Are you participating as an individual or member of a team?
   □ Individual (skip question 9)
   □ Team Member

8. You may register up to 6 people per team. Each team member needs to register.

   Number on your team including yourself: □1 □2 □3 □4 □5 □6

   Team Name: ____________________________________________________________

   KEEP GOING
9. Weekly emails will be sent with updated team and individual results to keep you motivated. Please indicate yes or no about sharing your name and step totals to all Get Moving Challenge participants. You can withdraw permission at any time by contacting Michelle Strickler (701-777-0210) or Steph Hoffman (701-777-2943).
   - Yes, you can share my name and step totals with all of the Get Moving Challenge participants.
   - No, do not share my name and step totals with all of the Get Moving Challenge participants.

10. Based on this FOUR week Get Moving challenge, what realistic goal do you hope to accomplish in this time frame? Aim for a SMART Goal: Specific, Measurable, Attainable, Realistic, and Timely. For example: Exercise 30 minutes per day for 5 or more days a week.

   _____________________________________________________________

   _____________________________________________________________

11. Physical wellness is ONE dimension of wellness. Please list another goal (if you choose) to keep yourself balanced with other dimensions to achieve overall wellness during this challenge? (For example: Incorporate social wellness by walking with a partner; Pick-up trash when walking to engage in environmental wellness).
   - Social: ________________________________
   - Physical: ________________________________
   - Intellectual: ________________________________
   - Emotional: ________________________________
   - Spiritual: ________________________________
   - Environmental: ________________________________
   - Occupational: ________________________________
Get Moving Challenge Pre-Assessment Form: 2016

Data is confidential and will be shared in group format after the challenge. You can end the survey at any time. It is voluntary.

1. Gender:  □ Female     □ Male     □ Transgender/Other

2. Age:  □ 19 or younger  □ 20-29  □ 30-39  □ 40-49  □ 50-59  □ 60-69  □ 70+

3. Status: □ Staff     □ Faculty     □ Student (Undergraduate/Graduate/Professional)  □ UND Affiliate  □ Non-UND participant (spouse/friend)  □ NDUS employee

4. Do you engage in moderate or vigorous cardiovascular physical activity? This includes activity that makes your heart rate rise and you breathe harder.
   • A person doing moderate-intensity activity can talk, but not sing during the activity. Examples include: brisk walking, biking, light water aerobics, etc.
   • A person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath. Examples include jogging, swimming laps, aerobic dancing, etc.

   □ Not regularly
   □ Less than 30 minutes a week
   □ 60 minutes a week
   □ 90 minutes a week (1.5 hours)
   □ 120 minutes a week (2 hours)
   □ 150 minutes a week (2.5 hours)
   □ 180 minutes a week (3 hours a week) or more

5. What is the recommendation for moderate cardiovascular activity per week according to the Centers for Disease Control and Prevention’s Physical Activity Guidelines for Adults (2008)? Please do not research the answer.

   □ 30 minutes a week
   □ 90 minutes a week (1.5 hours)
   □ 150 minutes a week (2.5 hours)
   □ 180 minutes a week (3 hours a week)
   □ I don’t know

6. On average, how many steps do you think you walk on an average work/school day?

   □ 0 - 2,500 steps
   □ 2,501 - 5,000 steps
   □ 5,001 – 7,500 steps
   □ 7,501-10,001 steps
   □ 10,001 or more steps

7. Do you hope to change your physical activity levels during the 4-week challenge?

   □ Increase levels
   □ Maintain levels
   □ Decrease levels
8. Do you engage in **muscle-strengthening exercise** weekly (examples include: yoga, sit-ups, push-ups, pilates, lifting weights, etc.)?
   - □ Not regularly
   - □ At least 1 time a week
   - □ At least 2 times a week
   - □ At least 3 times a week
   - □ 4 or more times a week

9. What is the recommendation for **muscle-strengthening** for all muscle groups (legs, hips, back, abdomen, chest, shoulder, and arms) according to the Centers for Disease Control and Prevention's Physical Activity Guidelines for Adults (2008)? *Please do not research the answer.*
   - □ 1 time a week
   - □ 2 times a week
   - □ 3 times a week
   - □ 4 or more times a week
   - □ I don’t know

**Please send the pre-assessment, registration to: Mail Stop 8365 (attn.: Michelle)**
Please log steps at: und.edu/getmoving or enter below if experiencing technical difficulties.

2016 Get Moving Challenge: Weekly Step-Log: WEEK 1


1. Name: __________________________
2. Get moving and convert all physical activity into steps. Enter your daily totals below.

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3. Total Steps: _______ (please add your totals from above)

Please return form to: Wellness Center – Stop 8365, or 801 Princeton St., Grand Forks, ND 58202) by **October 12, 2016** to be entered into the weekly drawing.

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October 10 – October 16

1. Name: __________________________
2. Get moving and convert all physical activity into steps. Enter your daily totals below.

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3. Total Steps: _______ (please add your totals from above)

Please return form to: Wellness Center – Stop 8365, or 801 Princeton St., Grand Forks, ND 58202) by **October 19, 2016** to be entered into the weekly drawing.
Please log steps at: und.edu/getmoving or enter below if experiencing technical difficulties.


October 17 – October 23

1. Name: ____________________________
2. Get moving and convert all physical activity into steps. Enter your daily totals below.

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3. Total Steps: ________ (please add your totals from above)

Please return form to: Wellness Center – Stop 8365, or 801 Princeton St., Grand Forks, ND 58202) by October 26, 2016 to be entered into the weekly drawing.


October 24 – October 30

1. Name: ____________________________
2. Get moving and convert all physical activity into steps. Enter your daily totals below.

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3. Total Steps: ________ (please add your totals from above)

Please return form to: Wellness Center – Stop 8365, or 801 Princeton St., Grand Forks, ND 58202) by November 2, 2016 to be entered into the weekly drawing.