Spring 2014
Get Moving Challenge

For staff, faculty, and their teammates (co-workers, family members, spouses/partners and students)

Individual or Teams of 2, 3 and 4
Dates:
Registration

March 24th – April 9th

4-Week challenge:

Monday, April 14 – Sunday, May 11

Getting Started - Employees

STAFF/FACULTY:
• Decide on team or decide to be on your own.
• Go to the Work Well website: www.und.edu/workwell and Login or contact Work Well for paper version (777-0210).
• For logging in, you need your EMPLID number. Non-UND teammates can create their own accounts.
Getting Started cont.

- Complete registration
- Complete pre-assessment
- Complete pedometer rental agreement if you would like to borrow one.

Pedometers

- Staff/Faculty need to complete form and send to Mail Stop 8365 and the pedometer will be mailed. Return by May 28.

- Other pedometer options include:
  Smart Phone free applications: http://www.accupado.com
  Ipods have Nike Fitness and pedometer functions.
Week Goals!

Walk and/or convert minutes of physical activity into steps.

Week 1: Step log due by 4/23
Week 2: Step log due by 4/30
Week 3: Step log due by 5/7
Week 4: Step log due by 5/14

Weekly Prizes - Employees:

- $25 gift cards to a randomly drawn weekly winner for those who log walk (or convert minutes of exercise) and submit logs on time.

- If one person from your team wins, your whole team wins that week!

- Gift cards are available to local sporting good stores including Scheels, Finish Line, Cabela and Ski and Bike Shop or Target.
Grand Prizes

Eligibility for grand prizes required the participants to complete ALL four weeks and submit logs on time.

Two randomly drawn winners will receive:

FitBit pedometer (2 available) or $100 gift card to Scheels

Points for Employees:

• Add the Get Moving challenge to your voucher. Do 3 other activities and get 6,000 points.

• Voucher is downloadable at: www.und.edu/workwell

• Remember you have until June 30th to earn points for 2014. Submit voucher to Work Well (Mail Stop 8365).

• Points are deposited by November 1, 2014 and need to be redeemed by Dec. 31 2014.
Fun Contests:

A couple close teams will be pitted against each other to see who moves more.

You might be highlighted

Let’s have some fun!

Questions:

Kim Ruliffson
701-777-0210

kimberly.ruliffson@und.edu
Und.edu/workwell