

# Welcome to the 2022 GET MOVING Challenge!

## The Main Goal is to Get Moving!

The main purpose of the Get Moving Challenge is to encourage participants to increase their exercise to at least 150 minutes of moderate physical activity each week as recommended by the American Heart Association and many other health organizations. This is so good for physical health but also good for our mental, spiritual and emotional well-being.

## Track your Minutes of Physical Activity & Submit Weekly

Use the Get Moving Log to track your **minutes** of movement and submit it weekly using our [online form](#) (preferred method) or email your minutes to [jfluty@emhealth.org](mailto:jfluty@emhealth.org), or drop off at the Wellness Center (write on paper and drop in box). Weeks run Sunday through Saturday and minutes should be submitted by noon on the following Tuesday to be eligible for that week's **prize drawings**. We still accept minutes after the Tuesday deadline so you will still be eligible for the free t-shirt at the end of the challenge.

## Free T-shirt!

Everyone who completes the challenge with at least 5 weeks of minutes will receive a free GET MOVING t-shirt.

## Weekly Themes and Tasks to Complete to be in the Grand Prize Drawing

Each week we will also challenge you to complete another “task” that goes along with our weekly themes. Tell us briefly about what you did when you submit your minutes and please use our facebook page to also share in words or pictures. A link will be provided each week in our newsletters or you can find it in the [Events section of the Ephraim McDowell Health Facebook page](#). Those who post at least 4 times throughout the challenge will be placed in our grand prize drawing. We may also post your comments ourselves. Here are the weekly themes:

Week 1- Connect with Others

Week 2- Move Your Body

Week 3- Focus on the Positive

Week 4- Eat Real Food

Week 5- Seek Meaning & Purpose

Week 6- Learn or Try Something New

## Weekly Newsletters

You will receive an email newsletter with challenge updates, information on the healthy concepts of the week and healthy recipes. If you do not receive an email within 1 week of joining the challenge, please contact us. Hard copies of the newsletter will also be available at McDowell Wellness Center.