September monthly challenge

We know it’s a busy time, but we want to challenge you to move into Fall!

Can you move for 150 minutes a week? Make this a solo activity or move more with a team!

Get Moving Challenge

Why participate?

1. The more you move, the more chances to **WIN A FITBIT!**

2. Engaging in physical activity has many benefits including improved thinking, boosted energy, better sleep, focus...the list goes on and on [here](#).

3. Adults require **150 minutes of moderate-to-vigorous physical activity** each week to maintain a healthy lifestyle. See if you can meet or exceed these requirements!

What do I have to do?

1. **We challenge** you to exercise for at least 150 minutes per week. This includes, brisk walking, stair climbing, bicycling, yoga, or even vacuuming! Choose and vary your own activities.

2. **Register** to the challenge by September 9th. [Click on this link](#) to register.

3. You will receive a **toolkit** with tips and apps for tracking your physical activity.

4. **Track** your physical activities over the course of the month of September.

5. **Submit** your activities to us by October 11th.

6. **Winner** will be announced on the Health and Well-Being webpage the third week of October.

*By registering and submitting your active time, you will receive 1 entry into the draw. Each week that you meet or exceed 150 minutes of active time awards you an extra submission in the draw to win the fitbit (5 submissions maximum).