

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).*