

How it Works:

Whatever your current activity level, set a goal to move more!
 Track your moderate-vigorous physical activity September 19-30. Your goal is at least 30 minutes of moderate-vigorous activity a day for ten out of the 12 days. You can even break it up into smaller chunks of time during the day. 10 minutes at a time is fine! It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous level for at least 10 minutes at a time.

Step 1:

Use this calendar to record how many minutes of moderate to vigorous physical activity you complete each day September 19-30 (1 tennis shoe=10 minutes). For each 10 minutes of activity, mark through one tennis shoe. To be eligible for the drawing for prizes; you must successfully complete at least 30 minutes a day of activity for at least 10 of the 12 days.

Step 2:

At the end of the challenge, tally the number of days you had 30+ minutes of moderate to vigorous physical activity and record the total number of days on this form.

Step 3:

Turn in your form to your Campus Health Advisory Committee (CHAC) Chair, Department Director, or designated representative by October 1.

Step 4:

Individuals who participate in 30+ minutes of moderate to vigorous physical activity for at least 10 of the 12 days during the challenge will be put into a drawing for prizes.

Wellness Partners:



It's time to Move More! Physical activity is essential for life and good health and regular physical activity can produce long term health benefits. People of all ages, fitness levels, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits. To help support PISD employees On the Move to a Healthier You, we invite you to participate in the Move More: Physical Activity Challenge.

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Each shoe is 10 minutes of activity	19 	20 	21 	22 	23 	24 
	25 	26 	27 	28 	29 	30 

Moderate-intensity activity:

You're working hard enough to raise your heart rate and break a sweat. Examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

Vigorous-intensity activity:

You're breathing hard and fast, and your heart rate has gone up quite a bit. Examples of activities that require vigorous effort:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

Total doys of 30+ minutes moderate to vigorous physical activity:

Name _____ Phone _____

Email _____ Department/Campus _____

