Get Your Fitness On Challenge

Earn up to 30 points and a chance to win additional prizes!
Consider keeping up with your healthy lifestyle and your competitiveness by joining this challenge either on your own or with some colleagues. Pick a month and track your movement. Create a lasting habit by finding what you enjoy doing, and what will help you feel your best! Check out our tips below to help you get started! Visit www.uc.edu/hr/bewelluc/challenges to learn more! (As with any new health habit, if you’re unsure about getting started, check with your healthcare provider first.)

Helpful tips to get you started:
- Stretching is an important but often forgotten aspect of fitness. When you increase flexibility, you improve your performance and reduce risk of injury when completing other fitness activities.
- Cardiovascular exercise helps to improve your heart and lung function and reduce risk for heart attack. You can break it up throughout the day in smaller portions, and anything that starts to make you feel out of breath counts as cardio exercise!
- Strength training doesn’t always mean the gym. Consider bodyweight training like squats, pushups, planks or lifting your kids!
- Hydration is key to seeing health benefits. Make sure you’re hydrating throughout the day and especially before and after exercise.
- Meditation/breathing exercises can reduce stress and increase energy and brain power.

How the challenge works:
- Choose to participate on your own or as a team (extra 10 points available to those on a team!)
- Choose what activities you want to track
- Mark down your goals for a full month and track what you’re doing to work toward them
- Submit your form(s) to wellness@uc.edu or to Ashley Varol ML0039
- Points will be added to your Be Well UC account for you
- With your permission, you’ll be recognized on the Be Well UC website for your accomplishments!
# Get Your Fitness On Challenge

**Name:** ______________________  **Email:** ______________________  **M#:** ____________

I am completing this challenge:  
- [ ] On my own  
- [ ] With colleagues, including: ______________________

I would like to share my fitness success on the Be Well UC website:  
- [ ] yes  
- [ ] no

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**Track Your Activities Here** (up to 10 points per week, 50 points max if on a team)

*Increase your FITT (frequency, intensity, type or time) each week to see increased results. Just choose 1 and go for it!*

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**TOTAL ACTIVITY POINTS EARNED:** _______ (+ 10 IF ON A TEAM) = ________

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Once a month is complete, please total your activities and submit your form via email to wellness@uc.edu or mail to Ashley Varol/ML0039. Points will be added to Asset Health portal within 1 month of receiving forms.