

Welcome to the November/December Move More Challenge!

How it works:

Simply, track your own active minutes throughout the week. Plus, earn bonus points for completing the optional weekly challenges.

Then, when prompted (usually on Mondays), turn in your total minutes by using that week's google form link. You will also be asked if you completed the challenge.

C2BF will tally your team's total minutes, which will be converted to points (ex. 500 minutes = 500 points). If you indicated that you did the challenge, we will then add in the extra challenge points.

The team members from the team with the most points will win that week's prizes!

What Movement Counts?

- For *this* challenge, ANY moderate physical activity that is **at least 10 minutes** in length counts. It can be done in several bouts throughout the day as well. Ex. A 10 minute walk in the AM and a 15 minute bike ride in the PM equals 25 minutes for the day. *For this C2BF challenge, moderate (ex. walking) and vigorous activity (ex. running) counts the same.*

MODERATE-INTENSITY AEROBIC ACTIVITY



OR

VIGOROUS-INTENSITY AEROBIC ACTIVITY



How do I determine intensity?



Relatively moderate-intensity activity is a level of effort of 5 or 6 on a scale of 0 to 10, where 0 is the level of effort of sitting, and 10 is maximal effort. Relatively vigorous-intensity activity begins at a 7 or 8 on this scale.

Q & A:

Can I just average my steps?

Unfortunately, no. While steps are one way to track physical activity levels, it is hard to differentiate what is moderate/ vigorous physical activity and what is just short, every day movement. At a minimum, counted activities should be at least 10 minutes in length. For example, walking to the bathroom doesn't count unless it takes 10 minutes to get there.

Can I do small increments throughout the day?

Absolutely! For example, if you go for two 15 minute walks during the day, that's 30 minutes. Anything that gets your heart rate up and is *at least 10 minutes* in length counts.

Why are we placed on randomly selected teams?

There is strength in numbers and it's more fun to participate together! The teams have been selected randomly from the three buildings to build relationships that you may not get a chance to do otherwise.

Will there be a leaderboard?

Yes! There will be a weekly leaderboard showing how each team ranked among the others.

What if I forget to share my minutes in time?

Unfortunately, because this is a weekly challenge (not monthly), if you do not turn in your minutes, it can't be applied later on. Every week is a new beginning.

Will we be trying to beat C2BF's minutes again?

Yes! If you beat C2BF's averaged minutes for the week, you will be entered into a special prize drawing at the end of the challenge.

If you have any questions, please reach out to Holly at hjenkins@rappahannockschoools.us or Jerney at jgates@rappahannockschoools.us.