

MOVE MORE CHALLENGE

-October Staff TEAM Challenge-

PRIZES

The winning team will win serious bragging rights and will be recognized at each school. Prizes will be announced soon!



The challenge begins on October 1, 2025.

To Participate...

- 1 Register by September 30th!
- 2 Starting Oct. 1st, keep track of your weekly minutes. At the start of each week, report your total minutes from the previous week.
- 3 Be sure to reach out and encourage your teammates, too.

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.*
- Please note- If you are applying this towards the Governor's Physical Activity Challenge, there are specific amounts of physical activity that you must achieve.

Movement Recommendations

According to the U.S. Department of Health and Human Services, it is recommended that adults engage in a minimum of 150 minutes a week of moderate-intensity aerobic activity **OR** a minimum of 75 minutes a week of high-intensity aerobic activity. Health benefits further increase with additional time spent engaging in aerobic activity. Also, it is recommended that adults participate in 2 muscle-strengthening activities weekly, which count towards your total minutes of activity.

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.

PLUS

At least **2** muscle strengthening activities a week.

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!

Will there be a leaderboard?

Yes! There will be a weekly summary of team standings. Be sure to submit your weekly minutes each Monday.

I'm doing the Governor's Physical Activity Award Challenge, too. Can I apply those minutes to this challenge as well?

ABSOLUTELY! The Governor's Challenge has specific minutes that must be met weekly. *Please be sure to read the details on the different activity tiers!*

Tracker

This is an optional tracker to help you track your own daily minutes.

Week 1	Activity	Minutes
Wednesday, Oct. 1		
Thursday, Oct. 2		
Friday, Oct. 3		
Saturday, Oct. 4		
Sunday, Oct. 5		
		Total:

Week 2	Activity	Minutes
Monday, Oct. 6		
Tuesday, Oct. 7		
Wednesday, Oct. 8		
Thursday, Oct. 9		
Friday, Oct. 10		
Saturday, Oct. 11		
Sunday, Oct. 12		
		Total:

Week 3	Activity	Minutes
Monday, Oct. 13		
Tuesday, Oct. 14		
Wednesday, Oct. 15		
Thursday, Oct. 16		
Friday, Oct. 17		
Saturday, Oct. 18		
Sunday, Oct. 19		
		Total:

Week 4	Activity	Minutes
Monday, Oct. 20		
Tuesday, Oct. 21		
Wednesday, Oct. 22		
Thursday, Oct. 23		
Friday, Oct. 24		
Saturday, Oct. 25		
Sunday, Oct. 26		
		Total:

Week 5	Activity	Minutes
Monday, Oct. 27		
Tuesday, Oct. 28		
Wednesday, Oct. 29		
Thursday, Oct. 30		
Friday, Oct. 31		
		Total: