

# Take the *Get Up and Get Moving* challenge!



Eating well and staying active are the cornerstones of family health. So let's challenge ourselves to become role models for wellness to our next generation! With the ***Get Up and Get Moving*** challenge, your actions can motivate everyone in your family and friends circle to live a healthier life. It's easy and it's fun. **Here's how it works:**

- Use this guide to learn about challenge activities and their point values.
- For the activities you take part in, use the activity log on the back of this sheet to record them and their point values.
- At the end of the challenge, submit your activity log(s).
- The person with the most points wins a prize!

## Challenge activities and their point value:

**BONUS! 10 points**  
Get everyone in the household on board with a flu shot.

## 1 point per day

- Start an impromptu at-home dance party! Put on some music and shake your groove for 20+ minutes.
- Walk the dog for 30+ minutes — or volunteer to walk a neighbor's dog.
- Set a reasonable bedtime for everyone in the family and stick to it.
- Go TV free for a day!
- Go for a bike ride (solo or with kids), or play a team sport like basketball, soccer or another recreational sport.
- Go for a hike or walk outside — at least 30 minutes at a brisk pace.
- Chores = get moving time. Do yard work, clean the house, pick up toys, fold laundry or do other household chores for one hour.
- Attend a group fitness class, and take the kids.
- Go soda-free.
- Eat a healthy breakfast; think fruit and oatmeal, no donuts!
- Get everyone in the household to eat at least one serving of fruit and a serving of veggies at dinner time.

Watch for emails with additional resources and information on the challenge.



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