



Good Morning all,

**Our office will be participating in the Well-U Move It Challenge from \_\_\_\_\_!**

***Move It***

Increase your physical activity level for a chance to win prizes! Sign up and receive a Starter Kit which may include a Well-U baseball cap, Well-U light-up slap bracelet to take your workout outside safely, or other items to support your efforts along the way.

Here is how it works:

- Reply to this email and receive your Well-U Starter Kit.
- On the start date, mark off every 15 minutes of physical activity that you complete per day on the [Well-U Move It Record Keeping Card](#).
- Once the challenge period is over, you'll send your card total minutes to \_\_\_\_\_. It's that simple!
- Prizes will be awarded to the top three individuals on \_\_\_\_\_ and will include a variety of exciting and fun surprises! Note: In the event of a tie, a raffle made up of the top individuals will determine the winner.

***Work It***

A variety of physical activities can count towards your daily total such as gardening, walking, swimming, and biking – anything that increases your heart rate!

NOT Included: sitting on your couch, napping, and other events that do not increase your heart rate.

***Learn It***

Mayo Clinic's guide to [weekly recommended physical activity minutes](#).

***Join It***

To participate in our department's Well-U Move It Challenge, respond to this email by \_\_\_\_\_, and then start tracking your physical activity minutes the morning of \_\_\_\_\_! All University of Rochester employees can participate.

***Don't Miss It***

You can still participate! Just be sure to track your physical activity minutes and submit your number to \_\_\_\_\_ on the \_\_\_\_\_.

Reply to this email to let me know if you are interested in participating!

Find other support resources on the [Well-U website](#).

