

# GO MOVE

EST. CHALLENGE 2013

# BINGO!

Attend the Go Move Kick-off Event Thurs 1/30 (Free Food, Prizes and entry to Women's Basketball Game)	Get 5 USF colleagues to <u>join Go Move!</u>	Schedule and complete a walking meeting (in-person or virtual)	Meet the Flexibility Guidelines: 2+ days of flexibility training per week	Walk up and down the Lone Mountain Steps 2x in a row -or- go up/down stairs or march in place for 5 minutes
Meet the Strength Physical Activity Guidelines: 2+ days of strength training per week	Take an active picture and post to <u>instagram</u> -or- <u>Facebook</u>	Take a 5 minute movement break while working	Add 5 extra minutes of physical activity to your normal routine (e.g. walking, biking, playing basketball)	Use a Koret Resource: <u>Fitness 101 video</u> -or- <u>stretching routine</u>
Perform 10 repetitions of an exercise during each commercial break while watching a TV show (e.g. jumping jacks, push-ups)	Walk <u>The URBAN Trail</u> -- or- take a 30 <u>mindful walk</u>		Log your minutes on <u>Go Move website</u> for a whole week!	Visit a local park and walk -or- cycle for at least 30 minutes
Be active with a friend/colleague or family member	Improve your minutes of activity by 10% from one week to the next	Take the stairs instead of the elevator; or take an extra long route around campus or get off a stop early on the bus; or park farther away!	Move your way to a 5K (3.1 miles) within a week (e.g. walk, run, paddle, hike)	Try walking/ biking for transportation to run a local errand
Try a new physical activity that you have never tried before -or- Sign up for a free <u>equipment orientation</u> at Koret!	Stand for at least 15 minutes during a Zoom meeting instead of sitting	Meet the Aerobic Physical Activity Guidelines: at least 150 min/week of moderate -or- 75 min/week vigorous activity each week	<u>Walk the USF Sacred Spaces Tour</u> -or- explore a new neighborhood on a 30 min walk	Try an in-person or online exercise class

**Instructions:** Complete and cross off as many squares as you can February 1st-28th. Each individual box will result in a single entry to a raffle, a completed row/column will result in 5 entries and a blackout will result in 25 entries!

**Prizes:** (10) \$50 gift cards will be awarded. The more entries you have the better your chance of winning a prize will be! Only 1 BINGO card allowed per person.

E-mail a picture of your completed card from your USFCA e-mail address to Sarah Camhi (scamhi2@usfca.edu) by Monday, March 3rd

Resources and Information on page 2

# RESOURCES



## Kick-off Event

- Sign up for the FREE Mexican Fiesta and Women's basketball game on Thurs 1/30 here: <https://myusf.usfca.edu/event/go-move-challenge-kick/12007189>

## Invite your Friends via Email!

- Use this email template to invite your USF colleagues: <https://docs.google.com/document/d/10Y2YfAgtWAaJMTsZD9d9Ah4CTXBvfyypK4vp1J1MZD0/edit?usp=sharing>.

## Walking Meetings & Movement Breaks

- Learn more about walking meetings here: <https://www.wellbeing.iastate.edu/resources/group-walks/walking-meeting>.
- Learn more about movement breaks here: <https://www.youtube.com/@workbreakstretch>

## Share your activities on social media

- <https://www.facebook.com/groups/>
- <https://www.instagram.com/gousfca/>
- #gomovechallenge

## Campus Resources

- Go Move Challenge: <https://www.gomovechallenge.org/>
- Go Move Resources and Tips: <https://myusf.usfca.edu/human-resources/gousf/go-move-challenge-resources>
- Koret: <https://myusf.usfca.edu/koret/fitness>
- <https://www.usfca.edu/koret/fitness/group-exercise/schedule>
- Equipment Orientation: <https://www.usfca.edu/koret/activenet/personal-training>.
- Sacred Spaces Tour available on the USF Mobile App; Under Virtual Tours click University Ministry - Sacred Spaces)
- Urban Trail: <https://usfblogs.usfca.edu/urbantrail/>
- Mindful Walking: <https://www.mindful.org/6-ways-to-get-the-benefits-of-mindful-walking/>