

Let's Get Physical Challenge

A CHS Teammate Engagement Prize Drawing – All in to Win!



Being physically active has a number of benefits, from reducing stress and managing your weight to improving your overall fitness. 150 minutes of moderate activity per week is recommended. Remember, *any* exercise is better than *no* exercise. Exercise should increase your heart rate for the duration of the activity (ex. walk, run, dance or swim).

GOAL: Track the number of days you achieve at least 30 minutes of activity.

Complete 30 minutes of activity for a minimum of 15 days to earn your *All in to Win* prize drawing entry.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days Goal Achieved Each Week
Week 1	1 Activity Minutes: _____ Take a walk	2 Activity Minutes: _____ Do push ups	3 Activity Minutes: _____ Take a fitness class	4 Activity Minutes: _____ Walk the dog	5 Activity Minutes: _____ Stretch	6 Activity Minutes: _____ Download a fitness app	7 Activity Minutes: _____ Do squats	
Week 2	8 Activity Minutes: _____ Swim	9 Activity Minutes: _____ Visit a park trail	10 Activity Minutes: _____ Ride your bike	11 Activity Minutes: _____ Jump rope	12 Activity Minutes: _____ Do crunches	13 Activity Minutes: _____ Play a sport	14 Activity Minutes: _____ Family fitness	
Week 3	15 Activity Minutes: _____ Walk a new route	16 Activity Minutes: _____ Take a friend to a fitness class	17 Activity Minutes: _____ Chase your kids!	18 Activity Minutes: _____ Play fetch with a pet	19 Activity Minutes: _____ Take a jog	20 Activity Minutes: _____ Download high energy music	21 Activity Minutes: _____ Do squats	
Week 4	22 Activity Minutes: _____ Work your abs	23 Activity Minutes: _____ Try Pilates	24 Activity Minutes: _____ Take Zumba	25 Activity Minutes: _____ Play an outdoor game	26 Activity Minutes: _____ Dance	27 Activity Minutes: _____ Hula Hoop	28 Activity Minutes: _____ Push mow the grass	
<p>Report your results to be entered into the <i>All in to Win</i> prize drawing: After challenging yourself for four weeks go to LiveWELL.CarolinasHealthCare.org, then <i>All in to Win Challenges</i> or click here to report the number of days in 4 consecutive weeks that you achieved the goal. Be sure to enter your correct six-digit employee ID when reporting. Each new challenge completed and reported will earn four entries in the <i>All in to Win</i> Prize Drawing. Questions: Contact CHS LiveWELL at 704-355-8136 or email LivewellEvents@CarolinasHealthCare.org</p>								TOTAL Days Goal Achieved (use this # for reporting)



Carolinas HealthCare System

