



To reach the summit, your team will need to **AVERAGE 10 points per week!**

CLIMBING MT. MOVE MORE

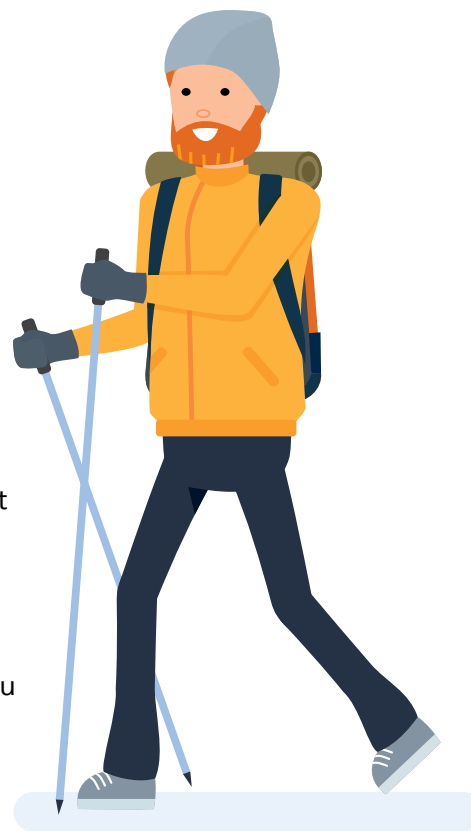
Welcome to the Expedition Fitness challenge! During this challenge you will perform activities to help your team reach the summit of Mt. Move More! Here are the details:

FITNESS: Score one point for each day you get at least 30 minutes of moderate cardiovascular exercise.

BONUS: Score one point for each day you complete the weekly bonus activity. To help you learn more about the Bonus activities, we have included a weekly educational resource.

You will report your weekly point total to your team captain each Monday. Your team captain will keep track of how high you have climbed and report that back to you each week.

In order to reach the summit of Mt. Move More before the challenge ends, your team will need to **AVERAGE 10 points per week** ... that means you should strive to complete your **FITNESS** and **BONUS** activities at least five times per week.



ENJOY THE CLIMB!





TRACKING FORM



Welcome to the Expedition Fitness Challenge! Tracking in this challenge is a snap ... simply record in the "Fitness" box each day you get AT LEAST 30 minutes of exercise. Then, record in the "Bonus" box each day you complete the weekly bonus activity (see your Expedition Fitness Bonus forms for details!). You earn one point for each activity you complete (up to 14 points per week). **Be sure to report your point total to your Team Captain each week!**

WEEK ONE

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
FITNESS							
BONUS							



WEEK TWO

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
FITNESS							
BONUS							



WEEK THREE

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
FITNESS							
BONUS							



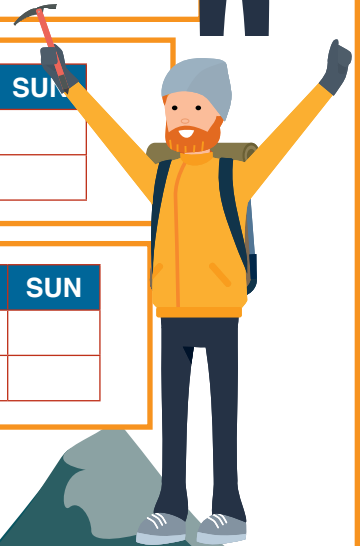
WEEK FOUR

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
FITNESS							
BONUS							



WEEK FIVE

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
FITNESS							
BONUS							



WEEK SIX

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
FITNESS							
BONUS							

YOUR NAME: _____ EMAIL: _____

REMEMBER TO RETURN THIS FORM TO THE CHALLENGE COORDINATOR AT THE END OF EXPEDITION FITNESS!

WEEK ONE BONUS

Perform a Random Act of Kindness

You can earn your bonus this week by performing a random act of kindness. You can choose to make a donation to a charity near and dear to your heart, pay for a stranger's cup of coffee, make dinner for the family, or virtually ANYTHING that makes another person's day a little bit better. The educational resource below offers insight on the emotional wellness benefits of doing good for others.



Go ahead, make their day...

Small acts of kindness can have enormous power for both the person being kind and the recipient, whether that's a stranger or someone in your family. Many studies have found that kindness, compassion and giving are associated with:

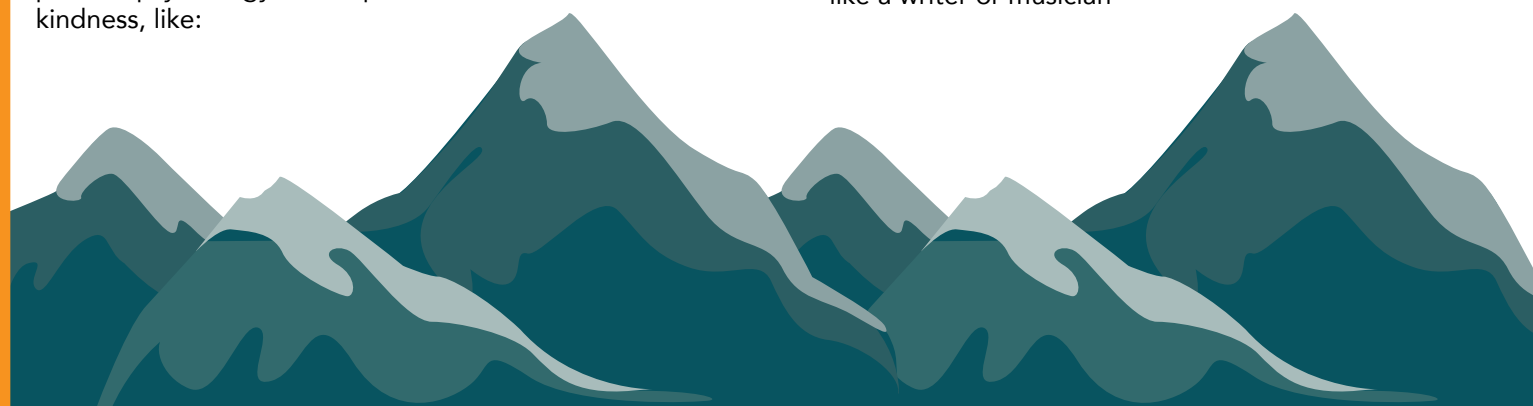
- Improved happiness
- Good mental health
- A stronger immune system
- Reduced anxiety, stress and depression
- Improved relationships
- A longer life

Research also shows that the happiness people get from giving to others creates a 'positive feedback loop'. The more you give, the more positive you feel. This, in turn, fuels greater happiness. People who witness or benefit from someone's kindness and compassion are also more likely to be kind themselves.

You can be kind, generous and compassionate to someone you know, or to a stranger.

Positive psychology is dedicated to researching what makes individuals and communities flourish. Popular positive psychology techniques include random acts of kindness, like:

- **Paying it forward:** Treat someone to something, like buying a cup of coffee for the person behind you in the café queue
- **Sending notes of gratitude:** Write a thank you note to someone you admire or who has helped you out
- **Becoming a sticky note ninja:** Stick post-it notes with nice messages written on them around your house or somewhere in public
- **Volunteering:** Being a volunteer helps others and is good for you too
- **Donating:** Help people out by giving away what you no longer want or need
- **Smiling at strangers:** Smiling is contagious and it makes you feel good if people smile back
- **Letting people know you love what they do:** This could be someone you know or people you admire, like a writer or musician



WEEK TWO BONUS

Spend At Least 30 Minutes Outdoors

You can earn your bonus this week by spending some time enjoying the great outdoors. Whether you go for a walk, do a little bird watching, climb a mountain, or just chill out in the park you will earn your bonus by simply being outside. The educational resource below offers insight on the way making time for the great outdoors can have a positive impact on our health and wellness.



The great outdoors.

Looking for a great way to give your mood, and overall wellbeing, a boost? Head outdoors! More and more research is beginning to show that there is a strong connection between feeling good and spending time in the great outdoors.

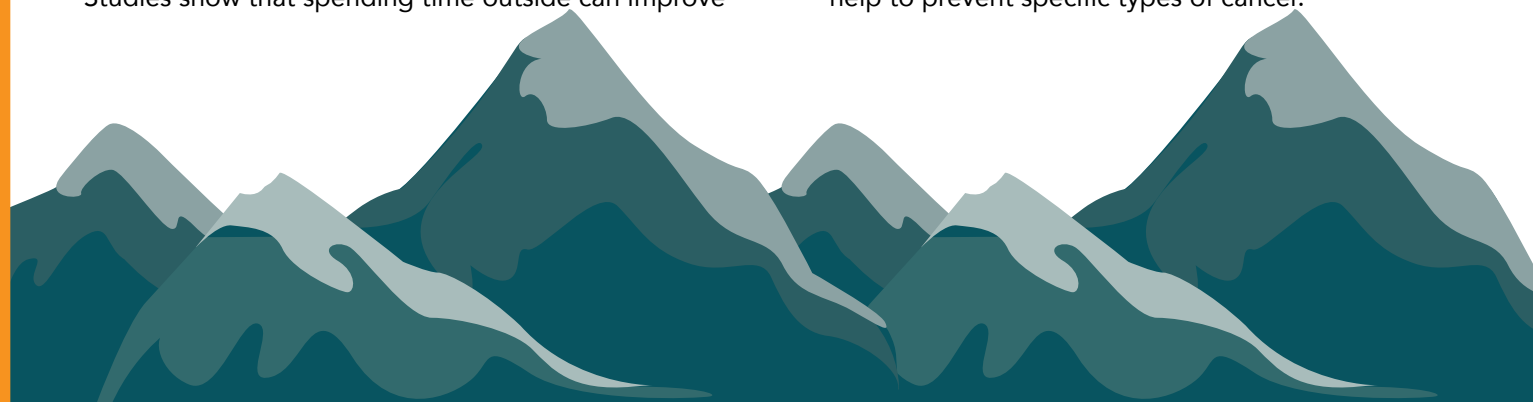
Recently, the Florida Department of Public Health shared these five health benefits that result from spending time outdoors in nature:

- 1. You are more likely to be active.** If you spend too much time inside, then it's possible that you're not moving around enough. If you make getting outside a goal, that should mean less time in front of the television and computer and more time walking and doing other things that put the body in motion. Research shows that people who exercise outside are more likely to stick to a future routine than those who exercised at the gym.
- 2. You will become more relaxed.** According to the journal research, it only takes five minutes to experience the relaxing effects of nature. Physical activity has been shown to help people relax, so if being outside replaces inactive pursuits with active ones, it might also mean more smiles.
- 3. Your concentration will improve.** Going outside can have some impactful results on your brainpower. Studies show that spending time outside can improve

creative thinking. Other research shows that children with ADHD seem to focus better after being outdoors.

- 4. Your risk of heart disease and high blood pressure will be lowered.** People who spent more time in the forests had lower blood pressure, lower cortisol levels and a lower pulse than people who spent more time indoors or in the city areas. But, just being exposed to sunlight alone, can help lower your risk of heart disease and high blood pressure.

- 5. Your vitamin D levels rise.** Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D. Studies suggest that just 15 to 20 minutes of sunlight exposure per day can help your body to create vitamin D that it needs to promote vitamin absorption, strengthen bones and it may even help to prevent specific types of cancer.



WEEK THREE BONUS

Write Down One Thing You're Grateful For

You can earn your bonus this week by intentionally taking time to mindfully think about your day and WRITE DOWN something you are grateful for. The awesome part about this activity is that the thing you're grateful for can be as small as getting a string of green lights on the way to work. Being intentional about "counting blessings" is a powerful way to be more mindful. Speaking of ... the educational resource below offers insight on importance of mindfulness.



Think about it. Mindfulness matters.

Mindfulness is all about living in the moment. It is a state of active, open, and intentional attention on the present. Mindfulness involves being with your thoughts and feelings as they are and not reaching for them, rejecting them, nor pushing them aside.

Cultivating mindfulness offers a host of emotional and physical benefits.

Emotional Wellbeing

Integrating mindfulness into your daily life means you have far less time to spend worrying about the future or what has happened in the past. Your attention to the present allows you to enjoy the pleasures of life as they occur.

Living in the moment enhances your ability to listen and recognize feelings and emotions in others. Ultimately this allows you to form deeper and more meaningful connections with others.

It is only when you stop "doing" and start focusing on just "being" that you can be an observer of your thoughts and feelings. Paying attention to your thoughts without judgment allows you to turn down the buzzing in your head. It opens your mind to new experiences and allows you to feel less threatened and anxious.

Being present with yourself reduces stress, depression, and anxiety and enhances feelings of happiness and well-being.

Physical Well-Being

Practicing mindfulness can:

- Lower stress levels.
- Reduce chronic pain.
- Improve sleep.
- Lower blood pressure.
- Ease gastrointestinal-related issues.

Embracing reality and practicing mindfulness meditation even a few times a day can improve health and overall wellbeing. Mindfulness is a powerful tool that can help individuals identify, understand, accept, and cope with their feelings and emotions.



WEEK FOUR BONUS

Have a Fruit or Veggie for a Snack

You can earn your bonus this week by choosing a fruit or vegetable for a snack. Making nature's bounty a part of your snacking routine offers up benefits too numerous to state. You can gain your bonus for working in a fruit and veggie during any time of the day—we just want to be sure you intentionally make the choice to makeover your snack. The educational resource below details the benefits of taking a mindful approach to eating.



Enjoy what you eat.

Have you ever:

- Eaten beyond the point of fullness?
- Not remembered how a meal tasted that you just ate?
- Eaten when you weren't hungry but might have been bored or stressed?

Mindless eating is pervasive today. We squeeze meals and snacks in between meetings and carpools and give little attention to what we eat, how it tastes, or how much we eat.

Mindful eating prompts individuals to give full attention to the experience of eating and drinking without judgment. According to The Center For Mindful Eating (TCME), mindful eating is:

- Allowing one self to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting and trusting your own inner wisdom.
- Tapping into all of the senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- Acknowledging responses to food (likes, dislikes or neutral) without judgment.
- Becoming aware of physical hunger and fullness cues to guide your decisions to begin and end eating.

Mindfulness helps you move away from mindless eating habits and be more aware of the thoughts and feelings that

impact how and why you eat. Try these tips to enjoy mindful eating:

Tip 1

Quiet please. Try eating a few minutes in silence and be present in the moment. Be aware of the thoughts and feelings that come and go and focus on the activity of eating.

Tip 2

Unitask. Avoid multitasking when eating. Put down the mobile device, turn off the television, and simply focus on the act of eating.

Tip 3

All Senses Go. Engage all of your senses when eating. Be mindful of how the food tastes, what it feels like in your mouth, and the smells that fill the room.

Tip 4

Mindfully Check In. Aim to eat until you are pleasantly satisfied and neither stuffed nor starving. Trust yourself to be aware of this feeling and act on it.



WEEK FIVE BONUS

Exercise With a Friend or Family Member

You can earn your bonus this week by exercising with a friend or family member. Tapping a teammate to workout with provides a bevy of benefits, among them accountability—which means you're more likely to stick to a schedule of regular exercise—and a sense of connectedness. The educational resource below offers details on the benefits of a strong support network when it comes to establishing an exercise routine.



Team up and move.

While there are some who do not, most of us enjoy being part of a team. It's that sense of sharing a common goal with others and working together to achieve it that is so appealing.

When beginning an exercise regimen, having a strong support network can be a huge advantage. Words of encouragement and support from family members, friends and colleagues can keep your motivation levels high and really make the difference on those days when you might otherwise try talking yourself out of taking that power walk or heading to the gym.

Being part of a team also provides you with some degree of accountability. That goes a long way toward keeping you focused and on track toward your goal.

Interested in meeting new people? Being on a team also offers opportunities to meet new friends and learn more about existing acquaintances. Who knew the assistant down the hall from your office goes rock climbing every weekend? Or that the guy in purchasing likes competitive cycling as much as you? One of your team members may just turn out to be the perfect workout buddy or your participation on the team may signal the beginning of a new friendship. Regardless, it's a win for you!

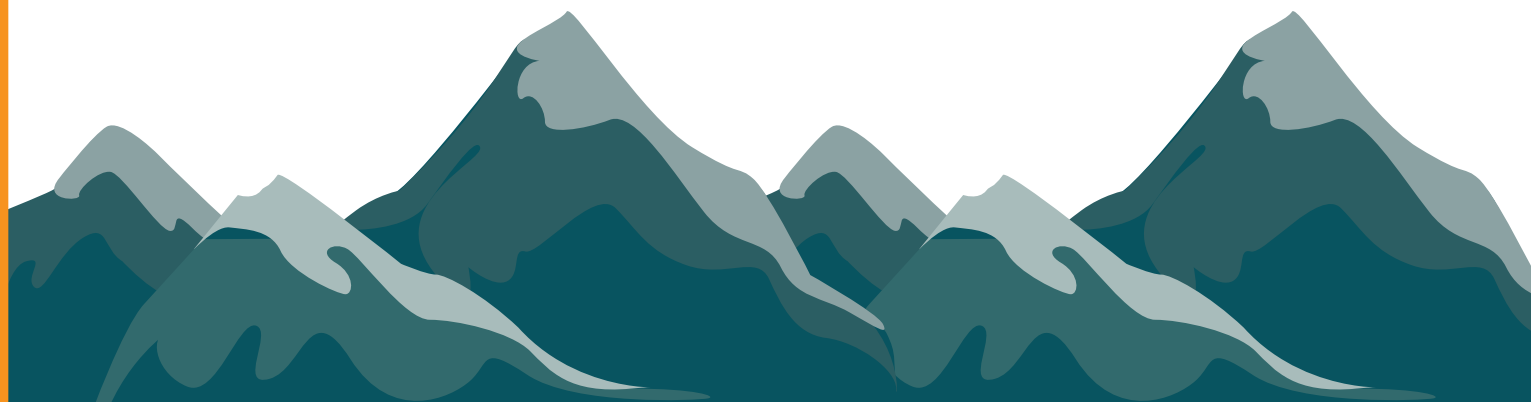
Putting the fun into exercise is another key benefit

teams provide. It may be challenging to stay energized about solo bike rides but it's not hard to get fired up when you are riding with a group of cyclists. Throw a group water break and crazy team t-shirts into the mix and you have the makings of fitness fun!

So, the next time your motivation to exercise is waning consider rounding up friends, family members, neighbors and colleagues and take advantage of the power of teamwork! Being part of a team may just inspire you to go the extra mile and stick with your fitness program.

Plus, you will have the opportunity to do the same for other team players.

Go Team!



WEEK SIX BONUS

Take a 30 Minute Screen Break

There are few of us who feel good about how much time we spend on our personal devices. If notifications are making you nutty, you need to make an intentional effort to change the way you interact with your device. To earn your bonus this week, simply take a 30 minute screen break each day. Put it down and refrain from being at the beck and call of your beeps and buzzes for 30 minutes. This educational resource offers up the benefits of a break.



The world goes on.

Have you ever wondered what would happen if you ditched all the screens—smartphones, televisions, computers, video games—for a little while each day? Research is beginning to point toward “screen free” breaks as fostering a boost in your emotional wellbeing.

While science continues to study the issue, here are some pretty well agreed upon benefits of taking intentional screen breaks on a regular basis.

Presenteeism

In today’s world it is rare for adults to go anywhere without their smartphone. It is even more rare for them to EVER TURN THEM OFF. And this isn’t just a hunch or exaggeration, the Pew Research Center has studied the matter and made the conclusions above.

So what of it? Notifications are a constant in today’s world. The only way to get away from them is to get away from your smartphone. Putting it away for awhile can help you more fully live in the moment.

Downtime

When it comes to getting a good night’s sleep, it is a great idea to break away from your smartphone—and all other screens as well. The lights and flashing from a laptop, television, or other hand-held has been shown to reduce the brain’s production of melatonin, thus delaying the onset of sleep.

Connectedness

Ever been in a conversation where the other party was more interested in their device than you? How did it make you feel? Putting down the devices and enjoying a genuine interaction goes a long way in making us feel connected to others.

Productivity

It is easy to waste an hour or more just flipping through your social media feed or bingeing on the latest hit show on your favorite streaming service. While just chilling out and enjoying entertainment isn’t necessarily a bad thing, if it comes at the expense of getting important tasks done, you need to consider an intentional, regular screen break.

Freedom

Wouldn’t you like to be able to leave the house and your devices behind without feeling like something is missing? You can get there by being intentional in decreasing screen time!

