



## Worksite Physical Activity Incentive Program

*Brought to you by the Worksite Action Team of Healthy Buncombe*

**WHAT:** The goal with Moveabout is to help folks make activity a habit. Experts tell us we need at least 30 minutes of activity most days of the week. Making Moveabout a fun opportunity to be active, plus you will have the support of other Moveabout participants.

**WHY:** Being active is part of a healthy lifestyle and can help prevent or improve many major health problems like heart disease, diabetes, cancer, depression and many others. Plus, few of us are as active as we need to be!

**WHEN:** The spring season of Moveabout will begin on March 3, 2008 and run through May 18, 2008.

**HOW:** You will keep track of the number of minutes you are active each day. Use the activity log to record your daily minutes of activity. You don't need to be active every day. Just aim for 150 minutes of activity each week! We are asking that everyone record activity at least 3 days per week, all activity minutes may not be completed in one day. Activity may be completed at any time including work breaks, lunch hours and at home and on the weekends.

**GETTING STARTED:** Fill out the registration form and return to your worksite coordinator. Your contact will distribute the activity log to be used for recording your minutes. Have you been active for the past 3 months? If not, you should talk to your doctor; you may need to be cleared for activity. And of course have fun! If you enjoy the activities you will be more likely to stick with it! And why not get your worksite involved as well. Designate a worksite coordinator (if you are unable to coordinate) and have that person contact Kassie Jensen as soon as possible. All contact information is listed below.

**PRIZES:** The prize drawing will be held at the conclusion of the 10-week program. You need to return your log and evaluation in order to qualify for the prize drawing. Prizes could include fitness apparel, t-shirts, water bottles, gift certificates from many local businesses, massages and much more!

\*\*\* Prize drawing will not be exclusive to your worksite; all participants who complete the challenge will be entered in the drawing at the end of the program. \*\*\*

### **Moveabout Coordinators:**

Kassie Jensen, Reuter Family YMCA. 828-775-1033, [kjensen@ymcawnc.org](mailto:kjensen@ymcawnc.org)