

The do, Challenge

Happily brought to you by Blue Cross Blue Shield of Minnesota and the American Heart Association.

Welcome Letter

We're happy you've decided to join your fellow employees at the Retirement Systems of Minnesota Building by participating in our worksite do, Challenge.

The do, Challenge is a six-week worksite health promotion program developed by Blue Cross and Blue Shield of Minnesota together with the American Heart Association.

The do, Challenge is designed to promote daily physical activity. Physical activity is essential to good health. The Centers for Disease Control and Prevention recommends at least 30 minutes of activity a day. Over the next six weeks the do, Challenge will help you incorporate activity into your daily routine. You will keep track of both your lifestyle and leisure-time physical activity on a daily basis.

How do you get started?

1. Complete the enclosed Registration Form. Return it to a do, Challenge Coordinator (Safety and Wellness member).
2. Track your physical activity on your do, Challenge Score Card.
3. Look for weekly activity guide sheets with tips and ideas that will keep you on track to getting three 10-minute segments of physical activity each day.
4. Celebrate your success at the end of the six weeks!

Best of luck and do,the ... dance, take the stairs, build a sand castle!

Retirement Systems of Minnesota Safety and Wellness Committee

(committee members)



Challenge

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Registration Form

Name: _____ Date: _____

Department:

Phone: _____ E-mail: _____

Please answer the following questions to help us evaluate the success of the do. Challenge. The information will be kept confidential and will not appear in employee records.

1. On average, how many times a day do you engage in 10-minute segments of **lifestyle physical activity**? (Examples of lifestyle physical activity include walking to work, biking for errands, gardening, mowing the lawn or house cleaning.)

- 0 times a day
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

2. On average, how many times a day do you engage in 10-minute segments of **leisure-time physical activity**? Give yourself credit for the total amount of time spent in leisure-time physical activity. (Examples of leisure-time physical activity include running, walking, biking or swimming. If you run for 40 minutes, you would check 4 or more times a day.)

- 0 times a day
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

Thank you!

Submit weekly point totals by the following Tuesday, 10:00 a.m. to be eligible for a prize drawing. (A box and submission forms are located in the Building's cafeteria.)



Challenge Score Card

Name: _____

Agency: _____

Scoring: Give yourself one \surd for each 10-minute segment of lifestyle physical activity or one \surd for each 10-minute segment of leisure-time physical activity that you complete each day. Additional points may be earned by completing an additional 10-minute segment of lifestyle or leisure-time physical activity. Daily maximum: 4 points Weekly maximum: 28 points

** Earn one additional point by completing an additional 10-minute segment of lifestyle or leisure-time physical activity.*

WEEK	1							2							3							4							5							6						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
(1) 10-minute segment																																										
(2) 10-minute segment																																										
(3) 10-minute segment																																										
*Bonus Activity																																										
Daily Total																																										
Weekly Total	=							=							=							=							=													

Grand Total
for Six Weeks =



How do I Earn Points?

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The do Challenge Score Card is used to track your daily physical activity over the course of the six-week challenge. There are two ways to earn points in the do Challenge:

1) Lifestyle physical activity: Because the focus of the do Challenge is to increase daily lifestyle physical activity, you can earn points by completing 10-minute segments of lifestyle physical activity. Some examples include:

- Raking leaves
- Getting off a stop or two early when taking the bus and walking the additional distance
- Building a snowman
- Mowing the lawn with a push mower
- Taking the dog for a walk

Aim to complete three 10-minute segments each day, for a total of 30 minutes of activity. Each 10-minute segment is worth one point or one check mark on your score card.

2) Leisure-time physical activity: In addition to lifestyle physical activity, points may be earned each day for leisure-time physical activity. Leisure-time physical activity refers to time you set aside each day specifically to be physically active. Some examples of leisure-time physical activity include:

- Cross-country skiing
- Lifting weights
- Running
- Swimming
- Brisk, vigorous walking
- Dancing

Place a check mark on your score card for each 10-minute segment of moderate or vigorous leisure-time physical activity you take part in each day. For example, you would earn two check marks by going for a 20-minute bike ride.

Using the score card:

To participate in the do Challenge, simply place a check mark in the appropriate box each time you complete a 10-minute activity segment for that day. At the end of the week, count how many check marks have been recorded and report your weekly total. A drop-off box and submission forms are located in the building's cafeteria.