FALL INTO FITNESS

Pennsylvania



2023 Physical Activity Challenge: Oct 17th-Nov 6th

Participant Packet

Everything you need for a successful challenge!



CHALLENGE OVERVIEW

The Fall into Fitness Challenge is a FREE three-week challenge hosted by HealthCorps. The challenge is designed to empower and motivate students, teachers, and family members in our community to get moving and enjoy the benefits of physical activity, and we are so excited to have you joining us!

Join a school or community team and work together to meet movement and spirit/community encouragement goals. Each participant will log their daily activities, in the form of steps. Steps can be tracked using pedometers, fitness watches, or phone apps OR participants can log their activities and how long they participated in them and convert them to steps using the activity log and conversion chart in this packet.



Challenge website: https://runsignup.com/ fallintofitnessPA

Important dates:

- **Registration is open now!** Registration will remain open for anyone who wants to join in throughout the challenge.
- Challenge dates: October 17th- November 6th (3 weeks!)
- Log your activities every Tuesday by 11:59pm to be included in each week's prize raffle! All activities must be logged no later than Thursday, November 9th for consideration in final leaderboards and prizes.
- **Final Regional Awards** to be announced on Monday, November 13th. *Note: only activities that occurred from 10/17-11/06 will be accepted for award consideration.
- **National Team Awards:** schools in HealthCorps communities across the country are also competing in this challenge! A national leaderboard and team awards will be announced on November 13th!

SPREAD THE WORD!



PRIZES & AWARDS

WEEKLY MILESTONE PARTICIPANT RAFFLE

Log your activities in the form of steps to be included in a weekly random drawing for fun prizes and swag.

Drawings will take place on 10/25, 11/01, and 11/08. The amount of steps you have logged will correspond with the number of raffle entries you will have each week. Steps/step equivalents reached:

35,000 = 1 entry

70.000 = 2 entries

140,000 = 3 entries

210,000 = 4 entries

250,000 = 5 entries

350,000 = 6 entries

Your HealthCorps team will reach out to selected winners via the email provided in your registration, as well as post the names on the challenge runsignup website.

WENT THE DISTANCE TEAM AWARD

This award will go to the team with the highest percentage of team members who hit the 210,000 steps/step equivalents milestone (an average of 10,000 per day!)

EXTRA MILE TEAM AWARD

Share how you and your team went above and beyond to be active and support others along the way. A survey will be distributed to collect this information.

EACH AWARDED TEAM WILL RECEIVE A CELEBRATION KIT (BRAG BANNER + BONUS RESOURCES FOR THEIR TEAM CELEBRATION)

ALL TEAMS WILL ADDITIONALLY BE ELIGIBLE FOR NATIONAL AWARD TITLES

FALL INTO FITNESS 2023

MealthCorps

Print this calendar & put it somewhere visible to help you track your progress!



SET YOURSELF UP FOR SAT SUCCESS BY SETTING A COAL

SUN	MON	TUE	WED	THU	FRI	SAT	!
OCT 01	2	3 RECRUIT YOUR FRIENDS TO JOIN THE CHALLENGE!	4	5	6	7	
8	9	SET A GOAL FOR THE 3 WEEK CHALLENGE	11	12	13	14	
15	16	17 CHALLENGE BEGINS!	18	19	20	21	
22	23	LOG YOUR ACTIVITIES!	25 PARTICIPATION RAFFLE DRAWS ANNOUNCED	26	27	28	
29	30	31 LOG YOUR ACTIVITIES!	NOV 01 PARTICIPATION RAFFLE DRAWS ANNOUNCED	02	03	0.4	
05	06 FINAL CHALLENGE DAY!	07 LOG YOUR ACTIVITIES!	0 8 PARTICIPATION RAFFLE DRAWS ANNOUNCED	09 LAST DAY TO LOG ACTIVITIES!	10	FINAL AWARDS WILL BE ANNOUNCED NOVEMBER 13TH!	L A

SUCCESS BY SETTING A GOAL
<i>MAKE IT SMART</i> SPECIFIC -MEASURABLE - ACTION ORIENTED - TIMELY

LOG YOUR ACTIVITIES HERE!



Track your activities in the form of steps each day from 10/17-11/06. Step counts should be submitted every Tuesday. All step counts are due Thursday November 8th. Use this as a tool to visualize your progress! Take the end of the week to reflect on your success & make a game plan for the next week! Do you have an additional goal you're striving for? Track that here too!

DON'T HAVE A WAY TO TRACK YOUR STEPS? NO PROBLEM! KEEP TRACK OF MINUTES SPENT ON ACTIVITIES AND USE THE STEP CONVERSION CHART ON THE NEXT PAGE

TOTAL STEPS TAKEN

STEP CONVERSION CHART

To use if you don't have a step tracking device or you do an activity while not wearing it. Choose the activity and check the chart below to determine the activity's equivalent number of steps. Multiply the number of minutes you participated in the activity by the number indicated in the chart. To obtain an accurate count, calculate steps for the time spent actively engaging in the exercise, not including resting time. If your activity is not listed below, find the one most similar to it on the list.

Example:

You participate in a low impact aerobics class for 30 minutes & take a 5 minute break in the middle, that would equal 3,650 steps (25 x 146 = 3,650).

Convert to Steps:

in chart (steps/min):_____

X # of active minutes: _____

total steps: _____

Physical Activity	Number Multiplied by Minutes Spent
Aerobics (Low Impact)	146
Aerobics (Moderate/High Impact)	217
Baseball/Softball	150
Basketball (Competitive)	250
Basketball (Wheelchair)	224
Bicycling (Moderate, 12-13.9 mph)	228
Circuit Training	242
Dance (Fast)	154
Elliptical	244
Football (Competitive)	309
Frisbee Playing	91
Golf (Without Cart)	133
Gymnastics	160
Hiking	185
Hockey	243
Jogging	209
Jump Rope (Moderate)	278
Kickboxing/Karate/Judo	270
Nordic Track	232
Rowing (Moderate/Heavy)	217
Running (6 minute mile)	424

Physical Activity	Number Multiplied by Minutes Spent
Running (7 minute mile)	356
Running (8 minute mile)	305
Running (9 minute mile)	263
Running (10 minute mile)	235
Running (11 minute mile)	220
Running (12 minute mile)	209
Shovel Snow (Moderate)	133
Skateboard	172
Soccer (Competitive)	293
Spinning	240
Stair Climb (Moderate)	180
Swimming (Moderate)	174
Tennis (Singles)	338
Vacuuming	104
Volleyball (Game)	142
Water Aerobics	123
Weight Lift (Moderate)	105
Wheelchair (100 meters)	125
Yard Work (i.e. Rake Leaves)	135
Yoga (Moderate)	86
Zumba	152

SUGGESTIONS TO SHARE ON SOCIAL

01 WEEK

WE'RE OUT HERE

- Share your Fall into Fitness goal!
- Share an inspirational shout out to your team!
- Share what you are doing to step up your movement routine!

02 WEEK

FINDING OUR FIT

- Share how you are stepping! What are some creative ways you are fitting in fitness?
- Celebrate! Shout out yourself, your team, or a teammate for something accomplished so far!

03 WEEK

MOVING WITH MOMENTUM

- Share your finish-line motivation! What has kept you motivated? What advice do you have for others?
- Share things or people in your community that help make being active possible for you! Neighborhood parks and trails, lunchtime activity equipment, coaches, free/affordable gym access, etc.



LEAD MEET-UPS & ACTIVITIES

You & your team can also be recognized for hosting physical activity promoting meetups, events, and activities! This can be for peers, family, for your campus, or community!

ACTIVITY EXAMPLES:

- Host a physical activity meet-up (like organize a group walk, doing a YouTube fitness workout together, etc)
- Get your friends moving during lunchtime
- Take your team to a community fun run!
- Host a HealthCorps Cafe O Yeas to teach others how to reap the benefits of fitness
- Create a physical activity themed bulletin board or hang posters around campus
- Add movement brain breaks to the classroom



SHARE HOW YOU ARE GOING THE EXTRA MILE

Capture & share photos, videos, and quotes from your events and activities!

Tag @HealthCorps on social media;

Share your story to help your team earn the Extra Mile Team Award!

2022

01 SET A GOAL

READY TO GO?!

Use our SMART Goal Tip-sheet to set your personal goal for the challenge! Do you want to try and take 10,000 steps everyday? Walk every morning before school for at least 15 minutes?

Write it out. Plan it. Set reminders. Enjoy the journey. Achieve success!

02TRACK YOUR PROGRESS

You will want:

- A way to know how many steps you are taking. Many apps and smart watches can do this for you! We've included a list of popular options in this packet. You can also keep track of how many minutes you spend on an activity and use our step conversion chart.
- A visual way to see your progress. You can use our calendar template or any other method you choose (e.g. bullet journal, planner, plain sheet of paper). Be sure to put this somewhere you will see it often!

03 SHARE OUT!

Submit your steps every Monday to earn points!

Share out & inspire others on your team!!

HealthCorps

SET YOUR SMART GOAL(S)

SMART goals are: Specific, Measurable, Action-Oriented, Realistic and Time-Bound.

Writing a SMART goal can help you visualize and achieve success. It helps you stop and think about what it is you want to accomplish and commit to action steps that are feasible for you! Write out your goals using the steps below.

SPECIFIC:

What is the specific focus of your goal? E.g. Increase physically activity, decrease amount of time spent sitting, find ways to move that I enjoy, encourage others in their wellness goals.

MEASURABLE:

How will you measure success? Depending on your goal, you may choose a frequency (such as certain number of times a day or week) or quantity (such as number of steps you will take). E.g. I will take "10,000+ steps every day" or I will "walk outside for 10+ min every morning"

ACTION-ORIENTED:

What are the activities you will be doing? Don't leave it up to chance- be clear about what you aim to do. E.g. Walking dog in the morning, dancing after-school.

REALISTIC:

Do you have the time and physical resources accessible to meet this goal? Think of what will help make this goal more realistic, or how you can overcome obstacles in the way. E,g. I will use the track at school since it's open in the morning, I will listen to music or invite a friend to make it more enjoyable.

TIME-BOUND:

For how many days or weeks will you work on this goal?

WRITE IT ALL DOWN



Examples:

- I will take an average of 10,000 steps per day for 3 weeks.
- I will walk every weekday morning before school for 10+ minutes for 3 weeks.
- I will try two new physical activities every week for 3 weeks.
- I will share my list of movement affirmations and goal progress on instagram stories every Wednesday for 6 weeks.

Fall into Fitness Goals

HOW TO TRACK & SUBMIT YOUR STEPS ON RUNSIGNUP

You may use any step or physical activity tracking methods you have access to. We've listed some popular apps and devices you can use to keep track of your steps! Don't have access to these technologies? Keep track of your activities and use our step conversion chart.

SUBMIT ACTIVITIES EVERY TUESDAY



Go to https://runsignup.com/fallintofittnessPA and select "Results" at the top.

Search your name, and click on it to reveal your profile. Select "Log Activities".

Under "Date completed," select the date the activity was completed. Then enter the number of steps completed.

Use the step conversion chart to calculate how many "steps" you should log for physical activities you were unable to track.

After all is filled in, you may select "Submit Activity."

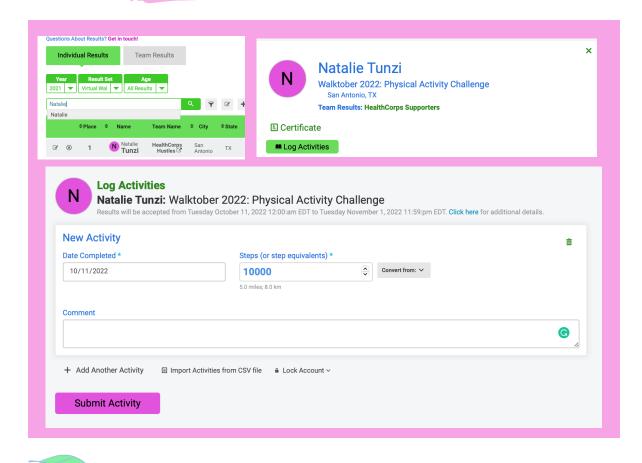
Enter each day as a separate activity entry.

FREE APPS

- Health App on iOS
- Strava
- Pacer Pedometer & Step Tracker
- ActivityTracker Pedometer
- Health App
- Stepz
- StepsApp Pedometer

DEVICES

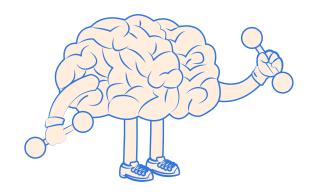
- Smart phone
- OMRON Pedometer (\$15)
- iGank Walking Pedometer (\$17)
- Lekoo Fitness Tracker Watch (\$25)
- If you already have it... Garmin Watch, FitBit, Apple Watch, WHOOP



GET IN THE MINDSET FOR MOVEMENT

HAS IT BEEN AWHILE?

- Adopt a positive mindset. Use positive
 affirmations to help you train your brain to
 focus your energy on what you can do, instead
 of dwelling on what's holding you back.
- Start slow. Every step matters. Start with a few minutes at a time and build your way up. It takes some time for your body to adapt to different physical activities, Listening to your body and taking things slow will help you avoid injury so you can stay consistent!
- Incorporate movement into other daily activities. Take the stairs instead of elevator, dance it out while you're waiting for your food to cook, add active games into your family time.
- Find your support system. Ask your best friend or a family member to help cheer you on or hold you accountable. Find other people who enjoy the physical activities you do!



Let your movement be fun, regular, and help you feel like your best self!

RETURNING FROM AN INJURY?

Returning to exercise after an injury can be scary; use these ideas to calm your nerves:

- Listen to your doctors, parents, coaches, and your body.
 Accept their help and expertise to determine the type of activity that is safe for you. You are not alone!
- Listen to your feelings, it is natural to be upset or experience grief from your injury. Recognizing these feelings is the first step to owning them and moving forward.
- Take control, making choices to rest or push yourself when it feels right. Owning your situation helps to ensure your injury doesn't have power over you.
- Be optimistic! With a time and physical rehab things will start to improve. Try focusing on the present and what you could do to better your situation.

MOVEMENT AFFIRMATIONS

Print this out and use it to fuel your positive mindset.

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START HERE:		ADD YOUR OWN:
I give myself the care and attention that I deserve.		
I can do things that challenge me- one step at a time.		
I love my body for everything it can do.	TAKE	
It's not about being perfect, it's about the effort I put in.	WHAT	• • • • •
I take things one step at a time.	YOU	
Resting and refueling is an important part of my journey.	NEED	
I will celebrate my progress- lessons learned, goals achieved, and everything in between.	TODAY	
I have abundant energy and vitality.	LUENS MAKE	•
I have a strong mind & body.		
I am uniquely me. I practice self-love and am the one who determines how I want to grow.	AL HAR	
		•

Asking for help is a strength.