

# 12<sup>th</sup> Annual Go Move Challenge

## February 1 – 29, 2024



Calling all faculty and staff! Help your team win the **12th annual Go Move Challenge** by recording your minutes of intentional physical activity that gets the heart pumping to determine which Jesuit institution is the most active. Awards go to the university that tracks the most minutes, the university that averages the highest number of minutes per participant, and the university with the highest average number of minutes per region.

### HOW TO JOIN THE CHALLENGE

- Register at [www.GoMoveChallenge.org](http://www.GoMoveChallenge.org), even if you participated last year
- Click the "LOG IN / REGISTER" button on the top menu bar
- In the "REGISTER" box, enter your university email address and other required information, including your university
- In the "Division/College" box, click on your division/college (ie School of Law, School of Ed, Student Life, Academic Affairs Office...) from the drop-down. If you don't see your Division/College, choose "Other" and enter the name of yours
- Click the "SUBMIT" button when finished
- You will receive a confirmation email with your user email and password

### HOW TO LOG MINUTES

- Starting February 1, visit [www.GoMoveChallenge.org](http://www.GoMoveChallenge.org)
- Click the "LOG IN / REGISTER" button on the top menu bar
- In the "LOG IN" box, enter your email address and password

- In the “LOG MY WORKOUT” box, select the intensity of your workout and description and enter the number of minutes, and select a single date or date range for logging multiple days
- Click the “LOG IT” button when finished
- Users can delete minutes that were entered in error

### **CHALLENGE RULES AND TIPS**

- Challenge runs from February 1 – 29. Minutes will not be accepted after the challenge ends.
- Get inspired and motivated by creating a team of up to 6 (including yourself) to compete against other teams at your university to see which one averages the most minutes!
- Use the Go Move Challenge social media sites to share photos, and tag photos #GoMoveChallenge
- Open the mobile-friendly challenge website from your phone’s browser to enter minutes on the go!
- Read the challenge FAQ at [www.GoMoveChallenge.org/FAQ](http://www.GoMoveChallenge.org/FAQ)

**As part of our annual Go Move Challenge** this year, the Human Resources Department will host its second annual **Faculty/Staff Campus Polar Walk!**

On **Tuesday, February 20th at 11:00 a.m.**, starting in the **Faculty Lounge** in Old Main 109, take some time out of your busy day to warm up over some **hot chocolate and healthy snacks** before taking a refreshing, wintery walk with your colleagues across campus led by Michelle Carbery from Independent Health!

Please RSVP below by Thursday, February 15<sup>th</sup>:

[https://docs.google.com/forms/d/e/1FAIpQLSfXBxEcTOSjXrlqbeQN6nOAwBP6ek4ViLusa\\_w9KDdnKdUhSw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfXBxEcTOSjXrlqbeQN6nOAwBP6ek4ViLusa_w9KDdnKdUhSw/viewform?usp=sf_link)

If you own any Canisius winter swag, make sure to wear it for the walk!