**Move It!** is a six-week activity challenge for students. The goal is to be healthier by being more active, and you get to choose how! The activity just needs to get you up and moving and make your heart beat faster! Brisk walking, biking, taking the stairs, dancing, and shoveling are just some of the possible activities you could do. Participating in **Move It!** is easy.

1. Register for **Move It!** by **January 22** any of these ways:
   - call Student Health Services at 507-285-7261
   - email healthservices@rctc.roch.edu
   - stop in Student Health Services (HS140)
2. Complete your personal health screenings - height, weight, BMI, glucose, and lipid profile – at Student Health Services. You will need to be fasting – nothing to eat or drink for 9-12 hours before. *(If you had these screenings within past 3 months, you may bring in a summary of your results.)* Get your FREE **Move It!** water bottle while you’re here!
3. On Monday, January 28th start to **Move It!** and keep track of your activity. Try the optional wellness bonus points each week, too.
4. Email Student Health Services each week to report your progress on your weekly goal, your goal for the next week, and any optional wellness bonus points you earned. Each weekly report enters you into that week’s prize drawing.
5. Repeat steps 3 and 4 each week throughout the 6 week program.

**The cost is only $10 and includes all of the screenings and weekly bonus prizes. Participants who complete all six weeks of the program earn a **Move It!** T-shirt!**

Optional Features:
1. **Move It!** is primarily an activity program, but you can set personal weight loss goals, too.
2. Form a team with 1, 2, or even 3 other students and motivate each other. Give your team a name – the team with the best name wins a prize!
3. Complete the weekly optional wellness bonus points. The more wellness bonus points earned each week, the greater the chance of winning the weekly prize!