



# Welcome to the Musculoskeletal Health Challenge!

You can feel it from head to toe – a healthy musculoskeletal system can improve your entire well-being. That's why we're starting the Musculoskeletal Health Challenge. Here's how it works:

- Take part in healthy actions and document what you've done, using the activity log on the back of this sheet.
- At the end of the challenge, if you've earned 15 or more activity points per week, submit your activity log(s).
- You will be entered in a lottery – and the winner will get an awesome prize (and you'll feel great, too!)

## Challenge activities and their point values:

### 1 point per day

- Park far away throughout day, at work and running errands
- Take the stairs vs. elevator all day
- Use bathroom located far from desk, all day
- Walk at lunch
- Take at minimum, four 5-min. stretch breaks per day
- Four times a day roll your shoulders, arch your back, stand up and stretch your legs

### 2 points per day

- At work, swap desk chair for exercise ball
- Stand and work from desk for 4, 15 min intervals
- Attend yoga, Pilates or Barre class
- Maintain proper posture at desk for at minimum half-day
- Using step pedometer, log 10,000 steps in one day
- Do a total body strength training program including exercises to help posture
- Attend hour long gym class
- Swim for 1 hour



So get ready to start moving – and challenge yourself to feeling awesome!

