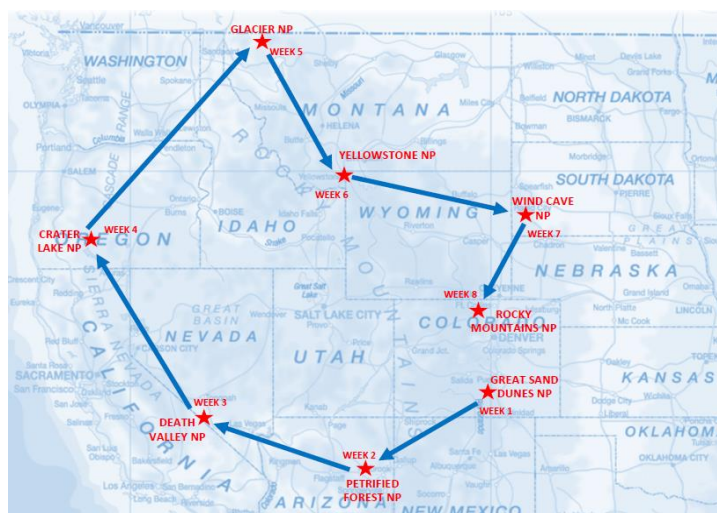


## Movement for Improvement “West Park Journey”



**What:** West Park Journey is an 8 week exercise based program designed to get or keep you moving. You determine your level of activity. Each week we will virtually visit a National Park that is located on the west side of the country. To get to each National Park, your goal will be to exercise at least 150 minutes per week (we will be using an “imaginary” jet airplane to get to each park). Once there you will receive fabulous information on the National Park.

**How:** All you have to do is exercise and then turn in your exercise minutes! You will be given a fillable and savable form to record your individual exercise minutes. Once you submit your minutes, you will be entered into the drawing to earn prizes. *\*Exercise is defined as an activity that is harder than what you may do on a daily basis; it is planned, structured, and repetitive.*

**There are 3 activity levels:** More Active, Heart Healthy, and Weight Loss. It is super simple! There are no pre-determined or scheduled activities!

### Exercise Goals:

More Active: 90 minutes of exercise each week

Heart Healthy: 150 minutes of exercise each week

Weight Loss: 225 minutes of exercise each week

*\* For optimal weight loss you must factor in good nutrition, stress reduction, exercise, and adequate sleep.*

**Who:** All Washburn faculty and staff are invited to participate.

**When:** June 6-July 29, 8 weeks

**Accountability Prize:** For weeks 1-7 we will have a drawing for \$10 in Bod Bucks (total of \$70 throughout challenge); participants who submit 90 minutes or more each week will be eligible for the drawing!

**Prizes:** Participants will be entered into a drawing for Wellness Prizes based on the number of minutes exercised. *One prize per person:*

1800 total Minutes or more - 10 winners

- Wellness prize of your choice (while supplies last): 20oz Tumbler, Hoodie or The Sleep Revolution book

1200 total Minutes or more - 15 winners

- Wellness prize of your choice (while supplies last): Bamboo Salad Bowl, Hoodie, or The Sleep Revolution book

720 total Minutes or more - 15 winners

- Wellness prize of your choice (while supplies last): 5k training t-shirt, Gourmet Trio, or The Sleep Revolution book

**Registration deadline – Friday, June 3<sup>rd</sup>.**

For more information or questions, contact Coletta Meyer at [coletta.meyer@washburn.edu](mailto:coletta.meyer@washburn.edu) or x2853