Go Move Challenge 2020

It's that time again for the annual Go Move Challenge! Creighton faculty & staff will be competing against 24 other Jesuit colleges & universities to see which school is the **MOST ACTIVE** during the month of February!

Details

Dates: February 1 – 29, 2020

What: An exercise competition to see **which school can log the most amount of physical activity minutes** during February.

Challenge Includes:

- ✓ **FREE** Go Move ice scraper (if registered by Feb. 10)
- ✓ Weekly motivational emails
- ✓ Fun competition among other Jesuit schools
- ✓ Engagement activities

Register TODAY:
www.GoMoveChallenge.org

RULES & TIPS

- There is no limit to the number of minutes that you can accumulate.
- There is no limit to how often you can log minutes during February.
- All activity logged must be "intended exercise", for example, going on a walk at lunch would count but walking to the parking lot after work would not count.
- Read more at **www.GoMoveChallenge.org/FAQ**.
- Team placement is determined by percentage of exercise completed for registered participants.

February Events

- Wake Up Workouts- Tues & Thurs 6:45 AM @ Rasmussen Fitness Center
- Wednesdays- FREE Faculty & Staff Barre class 12:05-12:50 pm @ KFC Multipurpose Room
- Fitness Fridays
  - Fri. Feb 7- Cardio-Thon
  - Fri. Feb. 14 FREE Chair Massages at KFC
  - Fri. Feb. 21 FREE Fitness Classes all day

Go Move Challenge Kick-off Event

We will be kicking off the Go Move Challenge with a fun fitness event and awards ceremony. Join us for fitness, games, chair massages, and help us recognize our first ever wellness award winners.

Date: Tuesday, February 11, 2020

Time: 11:30 AM – 1:30 PM

11:30-12 PM : Circuit Training Class

12-12:30 PM : Celebrate our Wellness Award Winners

12:30-1 PM : Yoga

Location: Kiewit Fitness Center

Questions? wellness@creighton.edu