

*Did you know... with just 30 minutes of physical activity per day you can lower your chance for heart attack or stroke, lose weight, reduce stress and increase your energy?*

*What are you waiting for?  
Let's Move!*



**Register by: Nov 8**  
**[REGISTER HERE!](#)**

## Zero to 30 Challenge

**For:** Creighton Faculty and Staff

**What:** Over the next 4 weeks, challenge yourself to get at least 30 minutes of physical activity a day!

Any activity counts and you can accumulate the 30 minutes in 10 minute bouts.

### Program Components:

- Accountability Tracker
- Weekly Emails
- Fun Engagement Activities
- Cool Prizes!

**Dates:** November 11 - December 6

**Questions?** [wellness@Creighton.edu](mailto:wellness@Creighton.edu)

