



Back to Moving Challenge

Xavier University

What is the Back to Moving Challenge?

Start the new school year off right and get moving with the Back to Moving Challenge. The goal of this challenge is to encourage everyone to move more each week throughout the challenge! Include all activities, including walking, running, or climbing stairs in parks you can use to walk, run, or climb. The Walking Club to help you reach your goal. The challenge runs from 12:15p.

When is the Back to Moving Challenge?
Monday, September 10th

Why should I participate?

- By completing this challenge, you will:
- Increase your physical activity minutes
- Engage in more physical activity and improve your health of Cincinnati!

How do I participate in the Back to Moving Challenge?

- Email Xavierwellbeing@trihealth.com by September 10th
- Log your activity minutes on the tracker in the challenge packet
- Submit your activity tracker by **Wednesday, October 8th** to be entered into the raffle.

Questions? Contact your TriHealth Workplace Wellbeing & Fitness Team:

Abigail Louis

xavierwellbeing@trihealth.com | 513-977-2124

Congratulations to our
Winner:

Gordon Suggs

Thank you to everyone who
participated in our most
recent challenge! Keep an
eye out for our next one.