

Back to Moving Challenge

September 8 — October 5

Challenge Details:

- Track your physical activity for 4 weeks:
 - ⇒ The goal of the challenge is to “get back to moving” by being mindful of all the physical activity we include in our day. Walking through campus, exercising at the HUB, or working around our homes—physical activity can be almost anything throughout our day!
 - ⇒ Use the resource pages for local trails and parks to get outside!
- Submit your completed challenge tracker by [October 8th to Xavierwellbeing@trihealth.com](mailto:Xavierwellbeing@trihealth.com).
- ALL participants will be entered into a raffle to win a major PRIZE!
- BONUS: For every 3 physical activities tracked at the HUB, you will receive one extra raffle entry!
- Need some extra motivation? Join the Xavier walking club! The club is meeting outside the HUB on Mondays at 12:15p.



Name: _____ Location: _____

Email: _____

| Sept 8 — Sept 14 | Physical Activity Minutes (Goal 150 minutes/week) |
|------------------|--|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| TOTAL | |

BONUS: How many times did you move at the HUB this week? _____

Name: _____ Location: _____

Email: _____

| Sept 15 – Sept 21 | Physical Activity Minutes (Goal 150 minutes/week) |
|-------------------|--|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| TOTAL | |

BONUS: How many times did you move at the HUB this week? _____

Name: _____ Location: _____

Email: _____

| Sept 22 — Sept 28 | Physical Activity Minutes (Goal 150 minutes/week) |
|-------------------|--|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| TOTAL | |

BONUS: How many times did you move at the HUB this week? _____

Name: _____ Location: _____

Email: _____

| Sept 29 – Oct 5 | Physical Activity Minutes (Goal 150 minutes/week) |
|-----------------|--|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| TOTAL | |

BONUS: How many times did you move at the HUB this week? _____

Walking Trails Across Cincinnati

| Park Name | Length | Elevation Gain | Trail Type | Skill level | Duration | Hills | Address |
|----------------------------------|------------|----------------|--------------|---------------|------------------|-------|--|
| Ault Park | 2.76 Miles | Minimal | Loop | Easy | 1.5 to 2 Hours | No | Observatory Ave., Cincinnati, OH 45208 |
| Caldwell Park | 2.78 Miles | Minimal | Loop | Moderate | 1 to 1.5 Hours | No | 316 W. North Bend Rd Cincinnati, Ohio 45216 |
| California Woods Nature Preserve | 3.37 Miles | Minimal | Loop | Easy-Moderate | 3 Hours | No | 5400 Kellogg Ave, Cincinnati, OH 45230 |
| Eden Park | 3 Miles | Minimal | Loop | Easy | 2 Hours | No | 950 Eden Park Dr. Cincinnati, OH 45202 |
| French Park | 3.3 Miles | Minimal | Out and Back | Moderate | 2 to 3 Hours | Yes | 3012 Section Road Cincinnati, OH 45237 |
| Glenwood Gardens | 2.7 Miles | Minimal | Loop | Moderate | 1.5 to 2 Hours | No | 10397 Springfield Pike Cincinnati, OH 45215 |
| Mt. Airy Forest | 1.9 Miles | Minimal | Loop | Moderate | 45 min to 1 Hour | No | 5083 Colerain Ave. Cincinnati, OH 45223 |
| Sharon Woods | 5.3 Miles | Minimal | Loop | Moderate | 2.5 to 3 Hours | No | 11355 Swing Rd. Cincinnati, OH 45241 |
| Winton Woods | 3.03 Miles | Minimal | Out and Back | Easy | 1.5 Hours | No | 10245 Winton Rd. Cincinnati, OH 45231 |
| Withrow Nature Preserve | 1.5 Miles | Minimal | Loop | Easy | 1.5 to 2 Hours | No | 6701-6975 Five Mile Rd. Cincinnati, OH 45230 |