Paper Version and Forms

Get moving
Altru

Take the Challenge

August 30 – September 26, 2020

LOTS of WEEKLY PRIZES & TWO GRAND PRIZES
This packet is a review of the program and has all of the paper documents needed if you don’t use the online version. If you prefer the online version you can find it HERE.

PROGRAM

The University of North Dakota (UND) Wellness & Health Promotion and Altru are coordinating a 4-week Get Moving challenge designed for UND staff, faculty, students and their teammates (co-workers, spouses/partners, and family members) and Altru employees and their teammates (co-workers, spouses/partners, and family members) to track steps for a healthier YOU!

If you have a Fitbit, Garmin, Jawbone, or other activity tracking device, please use those. There are also Smart phone applications that you can use, such as Accupedo. There is also a step conversion chart you can use to convert other activities into steps if you have injuries that prevent you from moving.

Remember, social distancing is of utmost importance right now. We are encouraging folks to utilize outdoor recreation if able (dress warm) remembering to keep a social distance of 6 feet.

GETTING STARTED

To participate and be eligible for prizes, you will need to:
- Decide if you are going on your own, or get into a team of 2, 3, 4, 5 or 6. Teams typically have better results in finishing the challenge.
- Get started online or complete the attached registration and pre-assessment and email to Work Well at und.workwell@und.edu

LOGGING YOUR STEPS

You will need to complete the step logs weekly online at the Get Moving website OR return paper entries by the following Wednesdays at 4:30pm of the next week to be in the weekly drawing (email to und.workwell@und.edu or wellness@altru.org):
- September 9, 16, 23 and 30.

BENEFITS:

The benefits include improved health, team-like spirit, more movement, better circulation, more brain stimulation, increased clarity, stress and anxiety relief and more! You are also eligible for prizes.

All prizes will be held until remote working has ended. Winners will still be notified and recognized!

Weekly Prizes: Random Drawing
- Students
  - Two individuals will be drawn each week. One $20 and one $10 Gift Card will be given away.
  - One random team will win.
- Staff/Faculty/Friends/Family
  - Two individuals will be drawn each week. One $20 and one $10 Gift Card will be given away.
One random team will win.

- **Altru**
  - Two individuals will be drawn each week. One $20 and one $10 Gift Card will be given away.
  - One random team will win.

**Grand Prizes:** 2 - $100 Gift Cards for Students, 2 - $100 Gift Cards for Staff/Faculty/Friends/Family, 2 - $100 Gift Cards for Altru employees/Friends/Family

- Eligibility for the Grand Prizes requires the participant to complete ALL four weeks of the Get Moving Challenge and submit your weekly step logs on time.

**TIMELINE:**

**Challenge dates:** August 30 – September 26, 2020

- **Week 1:** (August 30 – September 5): Weekly step log needs to be entered by September 9.
- **Week 2:** (September 6 - 12) Weekly step log needs to be entered by September 16.
- **Week 3:** (September 13 - 19) Weekly step log needs to be entered by September 23.
- **Week 4:** (September 20 - 26) Weekly step log needs to be entered by September 30.

**RESOURCES**

This chart may be helpful in determining your activity level and to help set goals for yourself:

<table>
<thead>
<tr>
<th>Steps per day</th>
<th>Activity level</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;5,000</td>
<td>Sedentary</td>
</tr>
<tr>
<td>5,000 – 7,000</td>
<td>Low Active</td>
</tr>
<tr>
<td>7,500 – 9,999</td>
<td>Somewhat Active</td>
</tr>
<tr>
<td>10,000 – 12,500</td>
<td>Active</td>
</tr>
<tr>
<td>&gt;12,500</td>
<td>Highly Active</td>
</tr>
</tbody>
</table>

*Developed by C Tudor-Locke and DR Bassett Jr (2004)*

**Increasing your steps:**

For most people, increasing your average daily steps each week by 500 per day is a reasonable goal. For example, if you are currently averaging about 5,000 steps a day, your goal for the first week would be 5,500 steps. For week two, your goal would be 6,000 steps each day and so on. Your ultimate goal over time would be to reach 10,000 steps a day (or more!). You may not be able to achieve 10K-A-Day within the 4-week challenge, but we encourage you to continue the progression! More information [HERE](#).

(*2,000 steps = 1 Mile, *10K/Day = 5 Miles)*
COUNTING STEPS FOR OTHER ACTIVITIES

Don’t forget: You can reach your step goals in other ways. With the following step conversion chart, you can calculate the number of steps equivalent to other activities you might take part in.

How to calculate steps from the CONVERSION CHART:
Simply, multiply the numbers of steps indicated next to the activity by the number of minutes you spent on the activity. For example, stacking firewood equals 2,670 steps (89 steps x 30 minutes).

You can go online HERE or complete the following registration and pre-assessment

Get Moving Challenge
Registration Form - 2020

1. Name (first and last): ______________________________________________

2. IDM (for employees and students): ________________________________ (usually firstname.lastname)

3. E-mail: ___________________________________________________ (This will be used to send weekly messages and contact you if you are a prize winner)

4. Phone: ______________________________________________________________________

5. How did you hear about the Get Moving Challenge? (check ONE)
   □ UND Electronically
   □ Word of Mouth
   □ Print
   □ Social Media - Facebook
   □ Event: Information at an event
   □ Other: _________________________________

6. If a colleague/classmate encouraged you to sign-up, enter their name below.
   Name: ______________________________________________________________________

7. Are you participating as an individual or member of a team?
   □ Individual (skip to question 9)
   □ Team Member

8. You may register up to 6 people per team. Each team member needs to register.
   Number of people on your team including yourself: □1 □2 □3 □4 □5 □6
   Team Name: ______________________________________________________________________
9. Weekly emails will be sent with updated team and individual results to keep you motivated. Please indicate yes or no about **sharing your name and step totals** to all Get Moving Challenge participants.
   - [ ] Yes, you can share my name and step totals with all of the Get Moving Challenge participants.
   - [ ] No, do not share my name and step totals with all of the Get Moving Challenge participants.

10. Based on this four week Get Moving challenge, what realistic goal do you hope to accomplish in this time frame? Aim for a SMART Goal: Specific, Measurable, Attainable, Realistic, and Timely. For example: Exercise 30 minutes per day for 5 or more days a week.

________________________________________________________________________
________________________________________________________________________

11. UND Employees: Physical wellness is ONE dimension of wellness. Please list another goal (if you choose) to keep yourself balanced with other dimensions to achieve overall wellness during this challenge? (For example: Incorporate social wellness by walking with a partner; Pick-up trash when walking to engage in environmental wellness).

   - [ ] Social:
   - [ ] Physical:
   - [ ] Intellectual:
   - [ ] Emotional:
   - [ ] Spiritual:
   - [ ] Environmental:
   - [ ] Occupational:

12. Altru Employees: Physical wellness is ONE dimension of wellness. Please list another goal (if you choose) to keep yourself balanced with other dimensions to achieve overall wellness during this challenge? (For example: Incorporate emotional wellness by walking with a partner; Pick-up trash when walking to engage in community wellness).

   - [ ] Emotional:
   - [ ] Financial:
   - [ ] Safety:
   - [ ] Community:
   - [ ] Physical:
Pre-Assessment Form - 2020 Get Moving Challenge

Data is confidential and will be shared in group format after the challenge. You can end the survey at any time. It is voluntary.

1. Where are you employed?
   - University of North Dakota
   - Altru
   - Other ________________________________

2. Gender:
   - Female
   - Male
   - Trans Male
   - Trans Female
   - Non-binary/Gender non-conformer/Gender queer

3. Age:
   - 19 or younger
   - 20-29
   - 30-39
   - 40-49
   - 50-59
   - 60-69
   - 70+

4. UND Only: Status:
   - Staff
   - Faculty
   - Student (Undergraduate/Graduate/Professional)
   - UND Affiliate
   - Non-UND participant (spouse/friend)
   - NDUS employee

5. Altru Only: Status:
   - Advanced Practitioner
   - Aid
   - Clerical
   - Leadership
   - Nursing
   - Professional
   - Service
   - Technical
   - Therapies
   - Volunteer
   - Other ________________________________
6. Do you engage in **moderate or vigorous cardiovascular physical activity**? This includes activity that makes your heart rate rise and you breathe harder.
   - A person doing **moderate-intensity activity** can talk, but not sing during the activity. Examples include: brisk walking, biking, light water aerobics, etc.
   - A person doing **vigorous-intensity activity** cannot say more than a few words without pausing for a breath. Examples include jogging, swimming laps, aerobic dancing, etc.

   - [ ] Not regularly
   - [ ] Less than 30 minutes a week
   - [ ] 60 minutes a week
   - [ ] 90 minutes a week (1.5 hours)
   - [ ] 120 minutes a week (2 hours)
   - [ ] 150 minutes a week (2.5 hours)
   - [ ] 180 minutes a week (3 hours a week) or more

7. What is the recommendation for **moderate cardiovascular activity per week** according to the Centers for Disease Control and Prevention's Physical Activity Guidelines for Adults (2008)? *Please do not research the answer.*
   - [ ] 30 minutes a week
   - [ ] 90 minutes a week (1.5 hours)
   - [ ] 150 minutes a week (2.5 hours)
   - [ ] 180 minutes a week (3 hours a week)
   - [ ] I don’t know

6. On average, how many steps do you think you walk on an **average work/school day**?
   - [ ] 0 - 2,500 steps
   - [ ] 2,501 - 5,000 steps
   - [ ] 5,001 – 7,500 steps
   - [ ] 7,501-10,001 steps
   - [ ] 10,001 or more steps

7. Do you hope to **change your physical activity levels** during the 4-week challenge?
   - [ ] Increase levels
   - [ ] Maintain levels
   - [ ] Decrease levels

8. Do you engage in **muscle-strengthening exercise** weekly (examples include: yoga, sit-ups, push-ups, Pilates, lifting weights, etc.)?
   - [ ] Not regularly
   - [ ] At least 1 time a week
   - [ ] At least 2 times a week
   - [ ] At least 3 times a week
   - [ ] 4 or more times a week
9. What is the recommendation for muscle-strengthening for all muscle groups (legs, hips, back, abdomen, chest, shoulder, and arms) according to the Centers for Disease Control and Prevention’s Physical Activity Guidelines for Adults (2008)? Please do not research the answer.

☐ 1 time a week
☐ 2 times a week
☐ 3 times a week
☐ 4 or more times a week
☐ I don’t know

10. Which of the following Dimensions of Wellness do you currently participate in? (Check any that apply)?

UND:  
☐ Emotional
☐ Environmental
☐ Intellectual
☐ Occupational
☐ Physical
☐ Social
☐ Spiritual
☐ All of the Dimensions of Wellness
☐ None of the Dimensions of Wellness

Altru:  
☐ Emotional
☐ Financial
☐ Safety
☐ Community
☐ Physical
☐ All of the Dimensions of Wellness
☐ None of the Dimensions of Wellness

11. How do you hope to change your physical activity levels during the 4-week challenge?

☐ Increase levels
☐ Maintain levels
☐ Decrease levels – if so, why? ________________________________

12. Please rate the following statements, each starting with this phrase: “Before participating in the Get Moving Challenge…”

<table>
<thead>
<tr>
<th>...UND/ALTRU MAKES ME FEEL SUPPORTED IN MAKING HEALTHY CHOICES IN REGARDS TO WELLNESS AND WELL-BEING.</th>
<th>STRONGLY AGREE</th>
<th>AGREE</th>
<th>NEITHER AGREE NOR DISAGREE</th>
<th>DISAGREE</th>
<th>STRONGLY DISAGREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
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<td>☐</td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>...UND/ALTRU ALLOWS ME TO PROVIDE SUPPORT TO OTHERS TO PROMOTE THEIR WELLNESS AND WELL-BEING.</th>
<th>☐</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>...UND/ALTRU HELPS ME DEVELOP THE ABILITY TO SET GOALS RELATED TO MY WELLNESS AND WELL-BEING.</th>
<th>☐</th>
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</tr>
</thead>
</table>
UND/ALTRU HELPS ME MANAGE MY TIME EFFECTIVELY TO PRIORITIZE MY WELLNESS AND WELL-BEING.

Please send the pre-assessment and registration to UND.workwell@und.edu
## GET MOVING RECORDING LOGS

### 2020 Get Moving Challenge: WEEK 1 Steps: August 30 – September 5

Name: ________________________________
Email: ________________________________
Stop #: ______________________________

Convert and log all physical activity into steps below:

<table>
<thead>
<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Steps</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Steps for the Week: __________________
Please scan/email form to: UND.workwell@und.edu OR wellness@altru.org

### 2020 Get Moving Challenge: WEEK 2 Steps: September 6 – September 12

Name: ________________________________
Email: ________________________________
Stop #: ______________________________

Convert and log all physical activity into steps below:

<table>
<thead>
<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
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<td>Number of Steps</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Steps for the Week: __________________
Please scan/email form to: UND.workwell@und.edu OR wellness@altru.org
### 2020 Get Moving Challenge: WEEK 3 Steps: September 13 – September 19

**Name:** ______________________________________________________________________________

**Email:** _______________________________________________________________________________

**Stop #:___________________________**

Convert and log all physical activity into steps below:

<table>
<thead>
<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Number of Steps</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Steps for the Week: __________________**

Please scan/email form to: [UND.workwell@und.edu](mailto:UND.workwell@und.edu) OR [wellness@altru.org](mailto:wellness@altru.org)

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### 2020 Get Moving Challenge: WEEK 4 Steps: September 20 – September 26

**Name:** ______________________________________________________________________________

**Email:** _______________________________________________________________________________

**Stop #:___________________________**

Convert and log all physical activity into steps below:

<table>
<thead>
<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Number of Steps</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Total Steps for the Week: __________________**

Please scan/email form to: [UND.workwell@und.edu](mailto:UND.workwell@und.edu) OR [wellness@altru.org](mailto:wellness@altru.org)
Post-Assessment Form - 2020 Get Moving Challenge

Data is confidential and will be shared in group format after the challenge. You can end the survey at any time. It is voluntary.

1. Where are you employed?
   □ University of North Dakota
   □ Altru
   □ Other ________________________________

2. Gender:
   □ Female
   □ Male
   □ Trans Male
   □ Trans Female
   □ Non-binary/Gender non-conformer/Gender queer

3. Age:
   □ 19 or younger
   □ 20-29
   □ 30-39
   □ 40-49
   □ 50-59
   □ 60-69
   □ 70+

4. UND Only: Status:
   □ Staff
   □ Faculty
   □ Student (Undergraduate/Graduate/Professional)
   □ UND Affiliate
   □ Non-UND participant (spouse/friend)
   □ NDUS employee

5. Altru Only: Status:
   □ Advanced Practitioner
   □ Aid
   □ Clerical
   □ Leadership
   □ Nursing
   □ Professional
   □ Service
   □ Technical
   □ Therapies
   □ Volunteer
   □ Other ________________________________
6. Do you engage in **moderate or vigorous cardiovascular physical activity**? This includes activity that makes your heart rate rise and you breathe harder.
   - A person doing **moderate-intensity activity** can talk, but not sing during the activity. Examples include: brisk walking, biking, light water aerobics, etc.
   - A person doing **vigorous-intensity activity** cannot say more than a few words without pausing for a breath. Examples include jogging, swimming laps, aerobic dancing, etc.

   □ Not regularly
   □ Less than 30 minutes a week
   □ 60 minutes a week
   □ 90 minutes a week (1.5 hours)
   □ 120 minutes a week (2 hours)
   □ 150 minutes a week (2.5 hours)
   □ 180 minutes a week (3 hours a week) or more

7. What is the recommendation for **moderate cardiovascular activity per week** according to the Centers for Disease Control and Prevention's Physical Activity Guidelines for Adults (2008)? *Please do not research the answer.*
   □ 30 minutes a week
   □ 90 minutes a week (1.5 hours)
   □ 150 minutes a week (2.5 hours)
   □ 180 minutes a week (3 hours a week)
   □ I don't know

6. Since starting the challenge, how many steps do you an **average work/school day**?
   □ 0 - 2,500 steps
   □ 2,501 - 5,000 steps
   □ 5,001 – 7,500 steps
   □ 7,501-10,001 steps
   □ 10,001 or more steps
   □ I don't know

7. Did you **change your physical activity levels** during the 4-week challenge?
   □ Increase levels
   □ Maintain levels
   □ Decrease levels

8. Do you engage in **muscle-strengthening exercise** weekly (examples include: yoga, sit-ups, push-ups, Pilates, lifting weights, etc.)?
   □ Not regularly
   □ At least 1 time a week
   □ At least 2 times a week
   □ At least 3 times a week
   □ 4 or more times a week
9. What is the recommendation for **muscle-strengthening** for all muscle groups (legs, hips, back, abdomen, chest, shoulder, and arms) according to the Centers for Disease Control and Prevention's Physical Activity Guidelines for Adults (2008)? *Please do not research the answer.*

- [ ] 1 time a week
- [ ] 2 times a week
- [ ] 3 times a week
- [ ] 4 or more times a week
- [ ] I don’t know

8. Which of the following Dimensions of Wellness were enhanced for you during this challenge? (Check any that apply)

** UND: **
- [ ] Emotional
- [ ] Environmental
- [ ] Intellectual
- [ ] Occupational
- [ ] Physical
- [ ] Social
- [ ] Spiritual
- [ ] All of the Dimensions of Wellness
- [ ] None of the Dimensions of Wellness

** Altru: **
- [ ] Emotional
- [ ] Financial
- [ ] Safety
- [ ] Community
- [ ] Physical
- [ ] All of the Dimensions of Wellness
- [ ] None of the Dimensions of Wellness

9. How do you hope to **change your physical activity levels** during the 4-week challenge?

- [ ] Increase levels
- [ ] Maintain levels
- [ ] Decrease levels – if so, why? ________________________________

10. Did you succeed at achieving the primary goal you set at registration?

- [ ] Yes
- [ ] No – if so, why? ________________________________
- [ ] I can’t remember my goal
- [ ] I didn’t set a goal

11. Did you participate as an individual or on a team?

- [ ] Individual
- [ ] Team

12. What personal wellness/well-being changes were you able to make because of this challenge?

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________
13. How satisfied are you with the communications during the Get Moving Challenge?
   - [ ] Extremely satisfied
   - [ ] Somewhat satisfied
   - [ ] Neither satisfied nor dissatisfied
   - [ ] Somewhat dissatisfied
   - [ ] Extremely dissatisfied

14. In future challenges, how much communication would you prefer (compared to the Get Moving Challenge)?
   - [ ] More
   - [ ] The same
   - [ ] Less

15. Overall, how would you rate your experience with the Get Moving Challenge?
   - [ ] Extremely satisfied
   - [ ] Somewhat satisfied
   - [ ] Neither satisfied nor dissatisfied
   - [ ] Somewhat dissatisfied
   - [ ] Extremely dissatisfied

16. Please suggest ideas for improving this challenge:
   ___________________________________________________________________
   ___________________________________________________________________

17. Are there other challenges you would like to see in the future?
   ___________________________________________________________________
   ___________________________________________________________________

18. Please rate the following statements, each starting with this phrase:
    “After participating in the Get Moving Challenge…”

<table>
<thead>
<tr>
<th></th>
<th>STRONGLY AGREE</th>
<th>AGREE</th>
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<td>[ ]</td>
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<td>[ ]</td>
</tr>
</tbody>
</table>
AND WELL-BEING.

...UND/ALTRU HELPED ME MANAGE MY TIME EFFECTIVELY TO PRIORITIZE MY WELLNESS AND WELL-BEING.

|   |   |   |   |   |   |   |

Please send the post-assessment and registration to UND.workwell@und.edu