

Benefits of Physical Activity

- Reduces the risk of dying prematurely
- Reduces the risk of heart disease
- Reduces the risk of diabetes
- Reduces the risk of high blood pressure and decreases high blood pressure for those who already have high blood pressure
- Reduces feelings of depression and anxiety
- Helps control weight
- Builds and maintains health bones, muscles, and joints.
- Helps older adults become strong and reduces the risk of falls
- Promotes psychological well-being.

<http://www.cdc.gov/nccdphp/sgr/ataglan.htm>

NU ACT



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Get Movin' and Improve Your Health!



Movin' Communities



Sign up today! Be active for 150 minutes a week in this FREE program and enter to win weekly prizes!

Sponsored by NU ACT and ACHIEVE

Get Movin' In Your Community!

Have you been thinking about getting into the exercise habit, but are having a hard time finding an enjoyable activity that is easy to complete and fits into your busy schedule?

Try one of the many activities promoted through Movin' Communities, a free program, offered to residents or employees in Waupaca County. Trying a new activity can lead to a lifelong habit that will improve your heart health, help you maintain or lose weight, enhance your mental sharpness, and give you more energy throughout the day!

All you have to do is be active for 30 minutes or more a day, 5 days or more per week for 6 weeks. That's only about 150 minutes per week!

All individuals who enter and log 30 or more miles during Movin' Communities will be eligible to win weekly gift certificates. In addition, all finishers will be entered into a final gift certificate drawing.

Start building more physical activity into your life and join Movin' Communities today!

For more information visit :

<http://waupaca.uwex.edu/>

Or email: movincommunities@gmail.com

Movin' Communities Official Contest Rules

Eligibility: Anyone employed or residing in Waupaca County, Wisconsin can participate in Movin' Communities.

Dates: Begins the first week of October. The program runs for 6 weeks and participants should log miles during this time.

Logging Activity: Activities and miles must be logged on a Movin' Communities scorecard and submitted weekly for prizes.

What is a Movin' Mile: 30 minutes of activity is equal to 1 Movin' Mile.

Scorecard Submission Deadline: Submit your weekly scorecards by Wednesday of the following week. The Final Survey should be submitted by the Friday following completion of the entire program to be eligible for gift certificate drawings.

Step 1: Pick up the Information and Weekly Scorecard packet.

Step 2: Start moving, and keep track of your miles. Turn in a copy of scorecard to designated drop box or contact person each week.

Step 3: If mailing in your scorecards, please send to: Movin' Communities

Attn: UW Extension
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