

INTEGRATE

MOVEMENT CHALLENGE



How to Earn Points:

AEROBIC EXERCISE - Earn up to 5 points

1 point for every 30 minutes of moderate intensity exercise or equivalent
(1 minute of vigorous intensity exercise = 2 minutes of moderate intensity exercise)

STRENGTHENING EXERCISE - Earn up to 2 points

1 point for each day you do muscle-strengthening exercises

WATER - Earn 2 points

2 points for being intentional to drink water during the week

PARTICIPATION - Earn 1 point

1 point for completing the survey

TEAM POINTS

Total points awarded based on the following formula: total team points/total number of school or dept. staff



Help your team (school or department) win the Golden Sneaker Trophy.



Join the Journey - #TSCINtegrate