



# MoveSpring Challenges

The Benefits Department will announce the criteria for earning incentive prizes at the start of each Challenge.

MONTH/ACTIVITY	DESCRIPTION
August <b>RCAB STRONG</b>	Complete 30 reps of one strength exercise for at least 28 days this month. Pick an exercise that is challenging for you (ex. push ups, squats, lunges, planks). With each rep, you will grow stronger every day! Not only does strength training protect your joints from injury, but when you build muscle, you reduce the risk of heart disease and diabetes.
September <b>STEPtember</b>	It's time to get moving! Take 7,000 steps a day for at least 28 days this month. It doesn't matter if you walk or run. All recorded exercise data on your fitness device will auto-sync after the first set-up connection. Make walking part of your routine and you can increase your cardiovascular fitness, strengthen your bones, and boost your endurance.
October <b>CLEAN EATING</b>	By eating clean, you will feel better and develop healthier eating habits. This month you are challenged to eliminate sugar, fried foods, and refined grains from your diet for 28 days. These foods contain empty calories and have little to no nutritional value. When you eliminate these foods from your diet, not only will you feel healthier, but you will probably lose a few pounds in the process!
November <b>SERVE OTHERS</b>	Helping others can benefit not only the person you serve but also you! Research shows that giving to others can benefit mental health and wellbeing and even lower blood pressure and reduce cortisol levels. Look for opportunities to serve others for at least 300 minutes this month. Consider these ideas: volunteering at a soup kitchen, performing someone else's chores, spending time with someone who is lonely, or baking/cooking and offering the food to someone in need.
December <b>DON'T WAIT TO HYDRATE</b>	We all know about the benefits of hydration, but do we actually follow our own advice? This month's Challenge invites you to drink a glass of water when you wake up in the morning. If you forget, drink a glass as soon as you remember. A glass of water to start your day will hydrate your body, make you feel full, and help you eat less. To successfully complete this Challenge, drink an 8 ounce glass of water in the morning for at least 28 days this month.
January <b>JANUARY JOURNEY</b>	January Journey challenges you to walk outside in the cold and refreshing air 3 miles a day for 28 days this month. You are free to participate solo or as part of a team. If you choose to participate as a team, your team needs to average 3 miles a day per teammate for 28 days this month. Aside from burning calories, the invigorating cold air will help clear your mind, reduce stress, and improve your mood. As you log steps, you will trek through the National Parks of the United States. Learn about some of the most breathtaking and unique sites that nature has to offer!
February <b>GOOD NIGHT</b>	Sleep problems are becoming more common. Stress about work, finances, and family can keep your minds active at night, preventing you from getting a good night's sleep. One of the ways you can improve your ability to sleep is by going to bed and waking up at the same time. The Good Night Challenge invites you to go to bed at the same time at least 26 times this month. A consistent bedtime can help you sleep better and make sure you are getting enough sleep.
March <b>MARCH INTO SPRING</b>	Let's get physical! Cycling. Running. Dancing. Hiking. Cardio fitness options are endless. This month's Challenge is to complete at least 500 minutes of cardio exercise. The goal is to raise your heart rate for 20 minutes or more at a time. Cardio exercise will increase your stamina and fitness, help you maintain your weight or keep off excess pounds, strengthen your heart, and boost your mood!
April <b>KINDNESS COUNTS</b>	Spreading kindness not only improves your mood and mental health but also touches the lives of everyone around you. This month's Challenge invites you to pay at least 30 sincere compliments to different people over 30 days. Compliment a friend, a co-worker, and better yet, a stranger. You will find your words of encouragement and positivity will make both of you happier.
May <b>AROUND THE WORLD IN 8 PLATES</b>	Eat your way around the world with this culinary journey focused on nutrition and healthy eating. As you log steps with your team of steppers, enjoy a journey across the globe! Explore healthy meal ideas and learn how to incorporate foods like Icelandic skyr, soba noodles, and knekkebrød into your diet. To successfully complete this Challenge, as a team you must average at least 3 miles a day per teammate for 29 days this month. You also have the option to participate solo.
June <b>FOOD TRACKER</b>	Grab a notebook and start tracking! The Food Tracker Challenge invites you to track everything you eat for 28 days. You can use the health app that comes with your phone or fitness tracker, a food tracker app, or an old-fashioned journal. The goal of this Challenge is to increase your awareness of what and how often you eat and the calories you consume. Tracking will help you understand your eating habits and patterns better and identify foods you eat on a regular basis. Research shows that tracking your food can be an effective tool to change eating behavior and make better food choices.