



Let's Get Moving **U.P.**!

COMMUNITY CHALLENGE

JUNE 6 - AUG 1

EARN WELLNESS POINTS BY:

See reverse side for details.



Logging physical activity



Eating fruits & vegetables



Being/staying tobacco-free



Drinking water



Shopping at your local farmer's market

Cedarville | Kinross | Marquette | Manistique | Munising | Nahma | Newberry | St. Ignace | Sault Ste. Marie



UP4Health

COMMUNITIES WORKING TOGETHER FOR A HEALTHIER UPPER PENINSULA



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Supported by the Sault Tribe Partnerships to Improve Community Health Project
Made possible with funding from the Centers for Disease Control and Prevention

Let's Get Moving U.P.!

Rules

- 1. Let's Get Moving U.P.** begins Saturday, June 6, 2015 and focuses on making the healthy choice the easy choice. Interested community members from the nine participating communities will find their registration links at UP4Health.org. Community members will select their appropriate location during sign-up.
- Beginning Saturday, June 6, members from participating communities may begin recording the following:
 - A. Physical activity**
 - Minutes
 - Pedometer steps
 - Miles
 - B. Servings of fruits & vegetables**
 - C. Servings of water**
 - D. Being tobacco free**
 - E. Shopping at a local farmer's market**

Please log daily.
You may only backlog for seven days.
- Participants will receive weekly updates and team standings through email. Standings will be displayed as average wellness miles per person for each team. Current standings will be available on UP4Health.org. Community members can sign up anytime during the challenge. The first 300 participants to register for the challenge before July 18, 2015 will receive a **FREE Let's Get Moving T-shirt**.
- The **Let's Get Moving U.P.** Challenge concludes at 11:59pm on August 1, 2015. All data entry must be completed no later than 11:59pm on August 3, 2015.
- Participating communities, will earn \$2,000, which must be used to enhance physical activity or healthy eating opportunities in their community. The funding will be used for sustainable changes in the environment. For example, communities may use the funding to purchase bikes and helmets for a community bike rental (Yellow Bike) program, for a community garden, enhancements to a farmers market, signage for bike routes, Safe Routes-2-School programming, or fitness equipment for a walking path. All expenditures must be approved by the Sault Tribe PICH Team.
- To earn the funding, a community must have at least 50% of their team members record wellness miles on at least 44 of the 56 days of the challenge.
- The community with the highest average wellness miles per person will also earn a Community Challenge traveling plaque and bragging rights for one year.

Participating Communities:

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| Nahma | Newberry | St. Ignace | Sault Ste. Marie**

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