# FEBRUARY 2020 MOVEMENT OPPORTUNITIES

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| AJCU  
Boston College  
Canisius College  
College of the Holy Cross  
Creighton University  
Fairfield University | Fordham University  
Georgetown University  
Gonzaga University  
John Carroll University  
Le Moyne College  
Loyola Marymount University | Loyola University Chicago  
Loyola University Maryland  
Marquette University  
Regis University  
Rockhurst University  
Saint Joseph's University | St. Louis University  
Saint Peter's University  
Santa Clara University  
Seattle University  
Spring Hill College  
University of Detroit Mercy | University of San Francisco  
University of Scranton  
Xavier University | 1 First Day of Challenge!  
Start tracking your movement... every minute counts!  
Move of Day (MOD): Walk 10 minutes |
| 3 Fac/Staff Stretch and Stroll: Grab your colleagues and take a stroll (anywhere, anytime)  
MOD: Squats (20, 1–3 sets) | 4 Fitness Walk: Led by Donna Creasman @ Fulton and Shrader ( Noon–1:00 p.m.)  
MOD: Leg lifts (20 each leg, 1–3 sets) | 5 Faculty/Staff Yoga @ Koret ( Noon–1:00 p.m.)  
MOD: Sit-ups (20, 1–3 sets) | 6 Core & More @ Koret (11:25–11:55 p.m.)  
Women's Basketball & Tailgate @ War Memorial Gym (4:30 p.m.)  
MOD: Plank (20 secs, 1–3 sets) | 7 Faculty/Staff Zumba @ Koret ( Noon–1:00 p.m.)  
MOD: Jumping jacks (20, 1–3 sets) | 8 MOD: Go outside and hike, bike, or run! |
| 10 Fac/Staff Stretch and Stroll: Grab your colleagues and take a stroll (anywhere, anytime)  
MOD: Squats (20, 1–3 sets) | 11 Fitness Walk: Tower Tour @ Gleeson Plaza ( Noon–1:00 p.m.)  
MOD: Sit-ups (20, 1–3 sets) | 12 Fitness Walk: Led by Kimberly Garrett @ Gleeson Plaza ( Noon–1:00 p.m.)  
MOD: Leg lifts (20 each leg, 1–3 sets) | 13 Run Club @ Runner Statue, Koret ( Noon–1:00 p.m.)  
MOD: Plank (20 secs, 1–3 sets) | 14 Valentine's Day: Get out and move with a friend and/or loved one  
MOD: March or jog in place (30 secs, 1–3 sets) | 15 MOD: Go outside and hike, bike, or run! |
| 17 Day off Work: Go be one with nature and enjoy the great outdoors  
MOD: Squats (20, 1–3 sets) | 18 Fitness Walk: Led by Clare Kubiak @ Koret, Runner Statue ( Noon–1:00 p.m.)  
MOD: Sit-ups (20, 1–3 sets) | 19 Faculty/Staff Yoga @ Koret ( Noon–1:00 p.m.)  
MOD: Leg lifts (20 each leg, 1–3 sets) | 20 Yoga @ Gleeson Library, 2nd Floor ( Noon–1:00 p.m.)  
MOD: Plank (20 secs, 1–3 sets) | 21 Faculty/Staff Zumba @ Koret ( Noon–1:00 p.m.)  
MOD: Jumping jacks (20, 1–3 sets) | 22 MOD: Go outside and hike, bike, or run! |
| 24 Fac/Staff Stretch and Stroll: Grab your colleagues and take a stroll (anywhere, anytime)  
MOD: Squats (20, 1–3 sets) | 25 Fitness Walk: Don's Meaningful Mile @ Gleeson Plaza ( Noon-12:30 p.m.)  
MOD: Sit-ups (20, 1–3 sets) | 26 Downtown Walk and Yoga: Led by Linda Wong @ 2nd Floor lobby ( Noon–1:00 p.m.)  
MOD: Leg lifts (20 each leg, 1–3 sets) | 27 Run Club @ Runner Statue, Koret ( Noon–1:00 p.m.)  
MOD: Plank (20 secs, 1–3 sets) | 28 Faculty/Staff Zumba @ Koret ( Noon–1:00 p.m.)  
MOD: March or jog in place (30 secs, 1–3 sets) | 29 Last Day of Challenge: Log your minutes by 11:59 p.m.  
MOD: Go outside and hike, bike, or run! |

## TO PLAY:
- Register for the challenge at GoMoveChallenge.org
- Once you are registered, pick up your official GMC shirt at HR front desk, LM339. First come, first serve, sizes limited.
- **NEW! Move of Day (MOD) is created to encourage all to take breaks during the day and move more, sit less. Science shows that being more physically active has many benefits for your heart, brain, and overall well-being. Every minute you move adds up, so make it count!**
- Find complete challenge details at myusf.usfca.edu/gmc

## TIPS FOR SUCCESS
- Wear comfortable shoes and clothing you can move in or keep a pair of sneakers at your desk.
- Schedule physical activity breaks and reminders on your work calendar — treat them like any other important appointment.
- Ask a coworker to be your “work out at work” partner. Remind and support each other to move more throughout the day. You’ll help keep each other accountable and motivated!

#GoMoveChallenge, #GoUSFca