GO MOVE

CHALLENGE

2020

EST. 2013

FEBRUARY 1–FEBRUARY 29

FEBRUARY 2020 MOVEMENT OPPORTUNITIES

GO MOVE CHALLENGE 2020 EST. 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.) **Downtown Walk and Yoga:** Led by Linda Wong @ 2nd Floor lobby (Noon–1:00 p.m.) **MOD:** Sit-ups (20, 1–3 sets)	**5 Faculty/Staff Yoga** @ Koret (Noon–1:00 p.m.) **MOD:** Leg lifts (20 each leg, 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 sneaks 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

GO USF