



## Move More IU

### Frequently Asked Questions

#### What is Move More IU?

Move More IU is a 3-week online challenge designed to show participants how to incorporate physical activity throughout the day — and have a little fun along the way. IU employees and their spouses, students, and community members are invited to participate. During the challenge, participants will track their daily active minutes or how many times they moved each day. They'll also receive emails with tips and encouragement from Healthy IU.

#### I'm new to physical activity. Where should I start?

First, whether you are new to physical activity or not, it's important to **listen to your body!** If any movement is causing pain or unusual discomfort, trust your body's signal and stop. Also, make sure the space you are in is clear for movement.

The best place to start is right where you are! Try some movements you enjoy for just a couple minutes here and there throughout the day. It could be some light stretches, walking, or dancing. When it comes to physical activity, everything counts! So you might be surprised how quickly your active time adds up.

#### Is there an incentive for this challenge?

Yes, full-time IU employees, as well as spouses on an IU-sponsored medical plan, are eligible to receive an incentive for completing the 3-week challenge from March 1-19, and the evaluation survey by March 26. The incentive is a \$10 Amazon e-gift card. The e-gift card will be sent via e-mail. Please allow a couple weeks after evaluation surveys are due for Healthy IU to process eligibility info and e-mail the e-gift cards.

#### I am not receiving my challenge e-mails.

**From March 1-19, Healthy IU will send e-mails with movement tips and encouragement via Qualtrics on Mondays, Wednesdays, and Fridays.** Qualtrics admins sometimes come across the situation of Qualtrics users not receiving e-mails. Their advice is to reach out to UITS support (or your TechSelect rep, if you are a TechSelect client), who will work with you to make sure there is nothing in your e-mail settings filtering out Qualtrics items. **If you do not receive your Personal Online Tracker on the first day of the challenge, and it is not in your spam/junk folders, here is how to contact UITS or HelpNet for support:**

- UITS support: <https://uits.iu.edu/tech-help>
- TechSelect (if you are a TechSelect client): <https://techselect.iu.edu/>

## **I'm not able to do one of the activity ideas. What should I do?**

Healthy IU's intention for this challenge was to choose activities for a range of abilities and fitness levels, but some ideas might not work for everyone. If for any reason you are not able to do a certain activity, please choose your own favorite way to get moving, and know that however **you** move is perfect. If Healthy IU can support you in finding activities that work for you, please e-mail us at [challeng@iu.edu](mailto:challeng@iu.edu). We are happy to help!

## **What counts as an "active minute"?**

Anything that gets you moving! Everything from light stretching, to chores, or dedicated exercise time counts. Be aware that some fitness trackers count active minutes only after you have achieved 10 minutes in a row. For this challenge, every increment counts, even 1 minute!

## **Do I track my movement for the entire day, or just during work hours?**

For this challenge, all movement, anytime, anywhere counts — for the entire day! In past challenges, the focus was on counting activity only during the workday, but this time around it's all about what works best for YOU! Move YOUR way, have fun, and feel great!

## **Are there teams?**

In the past, Healthy IU's physical activity challenge (Climb IU) had a team option. This year, we are holding a friendly campus competition. **Think of your IU campus as your team!** The campus with the most employee participation wins, so make sure to invite all your coworkers to sign up and get moving along with you!