

# MOVE INTO SUMMER

## How to Participate

1. Find 2-4 Teammates
2. Pick a Team Captain
3. Decide which level your team will be participating
4. Register by e-mailing or faxing your team information to Wellness (Captains will receive tracking forms for their teams after they register)
5. Track your progress for 1 month

## Program Dates

Registration: April 25 - April 29

Program: May 2 - May 27

## Program Description

As the school year winds down and the weather becomes warmer it is a great time to get motivated about being more active. Earn points by doing any activity to try to reach your goal each week.

## Activity Suggestions

Walk, hike, bike, jog, attend an exercise class, play a game with your students or children

## Levels

<b>Novice:</b> Goal = 3 Points per week	15 Minutes of Activity = 1 Point
<b>Intermediate:</b> Goal = 4 points per week	20 Minutes of Activity = 1 Point
<b>Advanced*:</b> Goal = 5 Points per week	30 Minutes of Activity = 1 Point

## **BONUS:**

Earn 1 Bonus point in addition to your activity points for attending a Wellness event.

*\*Recommended amount of physical activity by the Center for Disease Control.*

## WCSD Wellness

E-mail: [wellness@washoeschools.net](mailto:wellness@washoeschools.net)

Phone: 775-348-3858

Fax: 775-333-5379

## There's more...

### Registration Gift

A pedometer that counts steps and calories burned & a travel sunblock for each team member

### Completion Prize

A Sports Technical T-shirt for each team member