

Thank you for participating in the Seasonal Fitness Challenge! The goal of the challenge is simple: to accumulate at least 150 minutes of physical activity each week. 150 minutes is equal to an average of 20 minutes of exercise a day. Of course, the more you move, the more you'll gain (in rewards that is). UnitedHealthcare members will be eligible for the Healthy Lifestyle Premium Discount by actively participating in this program.

## ***How the program works:***

Each qualifying Exercise Tracking Log of 600 or more minutes submitted to Employee Wellness will be worth 10 points toward your Healthy Lifestyle Activities. You may track your exercise minutes on a separate log, but will be required to enter your total minutes on Day 1 of the Exercise Tracking Log each month. Please save all forms of exercise tracking records for auditing purposes.

The Exercise Tracking Log is due by the 7<sup>th</sup> of the following month. Please save the log using your EIN and Month of Activity as the title. For example, **123456July.pdf**. You can submit by:

- Email: [wellness@pima.gov](mailto:wellness@pima.gov)
- Fax: (520) 724-8150
- Mail: 150 W. Congress, 5<sup>th</sup> Floor

After the 7<sup>th</sup> of each month, there will be a drawing from all the logs received with qualifying minutes. The winner will be notified and an announcement made on the Employee Wellness website.

If you are unable to participate in the Seasonal Fitness Challenge throughout the year, there are several alternative programs you may participate in to earn Healthy Lifestyle Activity points. Learn more by visiting [www.pima.gov/hr/health](http://www.pima.gov/hr/health).

## ***What forms of activity count?***

All activities wherein you are continuously moving, strengthening or stretching your body for **at least ten consecutive minutes**. Employee Wellness will send you weekly exercise tips to help keep you motivated.

## ***Before you begin***

Have a medical check-up. This is especially important in order to understand any medical risks you may have particularly if you are 35 or older. It is also important if you have any health problems besides diabetes.

Talk with your healthcare team about a physical activity plan that is right for you. Since physical activity can lower blood sugar, you may need to check your blood sugar before and after exercise and change your food choices, medicine doses or timing.

## **Make Every Move Count!**



Pima County Employee Wellness  
[www.pima.gov/hr/health](http://www.pima.gov/hr/health)

150 W. Congress, 5th Floor  
Tucson, AZ 85701

Ph: (520)724-8114  
Fax: (520)724-8150