

FRESNO STATE ON THE MOVE 2011

FRESNO STATE ON THE MOVE is a program to increase physical activity levels among faculty and staff. While the majority of participants will likely choose walking as their activity, participants have the freedom to compete by doing the physical activity of their choice. While on-campus events will be sponsored by **WELLNESS@WORK**, you are also able to choose the time and place where you engage in your physical activity of choice. The promotion begins on October 12, 2011 and continues through January 12, 2012.

TRACKING AND REPORTING ACTIVITY

Each individual will be responsible for logging their activity in an activity log provided at: www.csufresno.edu/eaw

OR

You have the option of using the tracking page at www.sparkpeople.com

1. Go to www.sparkpeople.com and register for a new account if you haven't used SparkPeople before. After providing your demographic information hit the button marked "Click Here to Start Now".
2. Choose your goal and fill in appropriate information.
3. Listen to the short video on how to use the website.
4. After each time you have exercised; you will add the exercise to your account.

To be eligible for the prize drawings, each participant must complete a post test, which will be sent via email and demonstrate that they have met their goals by submitting activity logs for the three months to **WELLNESS@WORK** via email to: eawellness@csufresno.edu or to Lab School 185 (M/S LS86) before January 17th, 2012.

Each individual who completes this process will receive a prize and be entered into a drawing for cash and other prizes.

For more information go to the website: <http://www.csufresno.edu/eaw/walk> or contact the Wellness Coordinator at eawellness@csufresno.edu.

GET OUT THE RED SHOE LACES!