What would it feel like to be stronger, have more energy, and be more productive at work and home?

Take the Fitness That Works Challenge and find out!

Leading fitness authority and weight management expert, Sean Foy, created the Simple Moves program to inspire individuals to achieve a higher level of fitness and health. Based on seven Simple Moves, this approach to fitness is proven to decrease your risk of injury while improving strength, coordination, balance, and well-being. And it requires only minutes each day to achieve these benefits!

The Fitness That Works Challenge invites teams of up to 10 to incorporate the seven Simple Moves and cardio exercises into their everyday routine. You can develop a fitness program that works for you! Access to a fitness center or the commitment of a block of an hour of time isn’t required. An effective strengthening exercise can be completed in less than 2 minutes, an effective stretch can be done in less than 1 minute and cardio can be accumulated in periods of just 10 minutes at a time.

Each team will receive a copy of the WELCOA book *Fitness That Works* by Sean Foy (retail value $12.99). Team members can buy additional copies for $5.

Team members will earn one point for each Simple Moves activity completed daily and additional fitness points for engaging in 10 minutes of cardio activities like walking. The purpose of tracking your points is more for promoting accountability and providing reinforcement than competition. The team with the most points doesn’t win. However, everyone who incorporates regular stretching, strengthening and cardio into their lifestyle is a winner.

All participants will receive a high-tech, quick drying, wicking shirt with the university brand on the front and “Physical Activity is Serious Medicine and an Extraordinary Way to Care for Yourself” on the back for tracking their physical activity during the 6 week incentive program. Also, every member of each team whose participants all track at least one or more activity, 5 or more days each week during the 6 weeks of the program will also earn a SPRI Xerstretch Strap.

For more information and a registration form go to [http://blog.unmc.edu/fitnessthatworks/](http://blog.unmc.edu/fitnessthatworks/).

Registration ends and program begins on Monday, April 6th

(Program open to all UNMC employees in teams of 2 to 10 participants.)

Contact Peter Pellerito at 9-5253 or ppellerito@unmc.edu with questions.