



## eat well. live well. challenge

Have you heard people talking about the upcoming **eat well. live well. challenge**, and wondered what the buzz is all about? This challenge is an exciting competition here at RIT with great **new** changes.

**First**, we believe that our teams should have a more personal touch. As you may have noticed, in previous years' teams were selected due to geographic reasons (teams based on department and location). However, this year we would like to try something new and exciting. Hence, we propose to have self-formed teams. The teams will choose one of two (2) participation levels (**Tigers Level: for members who average >5,000 steps or >30 minutes of moderate physical activity per day, Pride Level: for members who average < 5,000 steps or < 30 minutes of moderate physical activity per day.**) Each team will be able to determine their team names, team leaders, and participation level.

**Second**, we're GOING GREEN! We have set up pedometer donation boxes throughout campus to collect any *used working pedometers*. These will be redistributed to this year's participants. If you have a working pedometer and planning to participate, please keep it for yourself instead of donating it. For your convenience, we also encourage interoffice mailing of pedometers to *Human Resources, ATTN: Vivian Luu*.

We are still in the planning stages, but expect to have some exciting events again this year. Check out the **Better Me** website and watch for e-mail updates as we get closer to the challenge.

For those who don't know about the Challenge, it is an 8-week challenge with two components:

- ◆ **Get in Step** is intended to increase a person's weekly physical activity by increasing the number of steps a person takes each day (*RIT will provide a FREE pedometer to all participants*); and
- ◆ **Strive for Five** promotes healthy eating through behavior change by challenging people to increase the number of cups of fruits and vegetables they consume each day.

### Action Items before Challenge begins:

[ ] 1. **Start organizing your team based on activity level as defined above. Please have the **TEAM FORMS** (see attachment) submitted to me by **February 13<sup>th</sup>**, either by via email to [bluecoop@rit.edu](mailto:bluecoop@rit.edu), fax to (585)475-7170 or inter-office mail to **Human Resources, ATTN: Vivian Luu**.**

[ ] 2. **Recycle any used working pedometers at one of our donations boxes around campus or inter-office mail to Human Resources, ATTN: Vivian Luu**  
→ **Pedometer donation boxes are located in the lobby of each building or next to an "Imagine It!" box.**

Don't miss out on this fun RIT annual event!

Good Luck to you and your team!

Vivian Luu