



## Go Move Challenge 2022

It's that time again for the annual Go Move Challenge! Creighton faculty & staff will be competing against the other Jesuit colleges & universities to see which school is the **MOST ACTIVE** during the month of February!

**February 1 – 28, 2022**

*All month you'll track your minutes of physical activity that will be added to Creighton's team total.*

**Register TODAY:**

[www.GoMoveChallenge.org](http://www.GoMoveChallenge.org)

*The first 150 Omaha employees to register will get a Creighton stocking hat!*

*Arizona employees: First 30 to attend the yoga event will get a FREE yoga mat!*

### RULES & TIPS

- There is no limit to the number of minutes that you can accumulate.
- There is no limit to how often you can log minutes during February.
- All activity logged must be "intended exercise", for example, going on a walk at lunch would count but walking to the parking lot after work would not count.
- Read more at [www.GoMoveChallenge.org/FAQ](http://www.GoMoveChallenge.org/FAQ).
- Team placement is determined by percentage of exercise completed for registered participants.



[wellness@creighton.edu](mailto:wellness@creighton.edu)

## Kick-off Events

Omaha Campus:

### Polar Walk

**Date:** Tuesday, Feb. 1, 22 @ 12:15pm

Bundle up and meet us at the fountain in front of St. John's Church for a short walk around campus!

- \*Hot Chocolate Bar
- \*Stocking Hat Pick up
- \*Music and MORE!



Phoenix Campus:

### Yoga

**Date:** Friday, Jan. 28, 22 from 12-1pm @ PHSC middle ballroom & patio on the 1<sup>st</sup> floor  
Join us for a yoga class designed for all fitness levels! **FREE yoga mat for the first 30 attendees!**

