Sitting for prolonged periods of time is hazardous to your health, even if you get the recommended amount of exercise each day. Take the Sit Less Move More 72-hour challenge and discover how simple it can be to be more active throughout the day.

**Directions:** Each day of the challenge add 4 Move More Options to your day. Choose from the list below or add your own ideas that you think you might enjoy. Record your activities and tag @SHSURECSports and hashtag #SHSUMovesMore & #ActiveBearkat. Once you have completed the challenge card, bring it to RSC162 and receive a free single class group fitness pass or rock climbing pass.

**Move More Options**

**Active Communication:**
Walk to a co-workers office to ask a question instead of sending an email or calling them.

**Challenging Route:**
Take the stairs or park farther away from the building and walk more.

**Activity Break:**
Break up your day by getting up and being active; something as simple as walking away from your desk!

**Stand More:**
Stand or walk while talking on the phone.

**Calendar Reminders:**
Set up a reminder on your outlook calendar 5 minutes before every hour. When the reminder pops up, stand up and walk for 5 minute, stretch by your desk, or walk to the second floor and back down.

**Active Transportation:**
Walk or bike to class/work instead of driving – Go Green!

**Break Time Walk:**
Use your lunch or break time to take a 10 minute walk.

*Remember, the goal is to MOVE MORE each day – so don't count activities that are already part of your regular routine.*
1. Please mark one:
   - ☐ Faculty/Staff
   - ☐ Freshman
   - ☐ Sophomore
   - ☐ Junior
   - ☐ Senior
   - ☐ Grad Student
   - ☐ Other ___________________________

2. How did you hear about Move More?
   - ☐ Ad in Houstonian
   - ☐ Informational Table
   - ☐ Student Services Email
   - ☐ Digital Signage on Campus
   - ☐ Twitter
   - ☐ SHSU Rec Sports Website
   - ☐ Poster/Flyer
   - ☐ Other ___________________________

3. The American College of Sports Medicine (ACSM) recommends that adults get at least 150 minutes a week (30 minutes, 5 days a week) of moderate intensity physical activity. How many days a week do you get at least 30 minutes of moderate physical activity?
   ____ day(s) a week

4. The ACSM recommends including cardiovascular exercises 3-5 days a week, strength exercises 2-3 days a week, and flexibility exercises 2-3 days a week as part of a regular physical activity routine. How many days a week do you include the following activities. Mark between 0-5 days.
   a. ____ day(s) of cardiorespiratory exercise
   b. ____ day(s) of resistance exercise
   c. ____ day(s) of flexibility exercise

5. Use this chart to calculate how many hours you spend sitting or doing other sedentary activities during a typical day:

   | seated/sedentary activity | hours a day |
---|---|---|
   a. Eating | ______ |
   b. Driving/transportation | ______ |
   c. Watching TV | ______ |
   d. Video Games | ______ |
   e. Using Computer | ______ |
   f. Napping | ______ |
   g. Other | ______ |

   Total Sedentary Hours | ______ |

6. This challenge raised my awareness in regards to the amount of time I spend sitting.
   - ☐ Agree
   - ☐ Disagree

7. This challenge increased my level of daily physical activity.
   - ☐ Agree
   - ☐ Disagree

8. How confident are you that you can be more active by moving more?
   - ☐ Agree
   - ☐ Disagree

9. I will continue to increase my level of physical activity after this challenge.
   - ☐ Agree
   - ☐ Disagree