"All Penn" Summer Physical Activity Challenge: June 1 – September 2, 2022

- **This summer, join your Penn colleagues (both Penn Medicine and University of Pennsylvania employees)** to get active and track your active minutes!

- **Goals for the Penn Moves challenge:**
  - **Move:** *Be active throughout the day and track your progress. Submit active minutes to help us tally total minutes during the challenge.*
  - **Learn:** *Discover available resources to move more throughout the day.*
  - **Share:** *Connect with colleagues at outdoor events and with social media!*

- **How to get started:** Set a **"Move"** goal, get active, and track active minutes starting June 1.

- **To submit your tracked minutes:**
  - **Penn Medicine employees:** Submit active minutes using the Penn Moves submission form, also available on the Limeade platform for UPHS employees.
  - **University employees – available options:**
    - Virgin Pulse platform: With a connected device, upload your active minutes every week, using the mobile app. For manual entry, use the "WORKOUTS" tracker (found under Home/Stats), choose "log a workout", select your activity, enter your time in "minutes", and click "SAVE".
    - Penn Moves submission form: If not enrolled on the Virgin Pulse platform, submit your active minutes using this form, also available on the Penn Healthy You website.

- **Need motivation?** Check out **"Learn"** resources, including Penn wellness platforms, free fitness classes and events, facilities, discounts, and more – plus available apps, information, and tools to enhance your activity minutes this summer.

- **Enhance social well-being, too! "Share"** the journey with colleagues at our outdoor fitness events and using social media! Watch for upcoming communications.

- **For more information:**

Penn Medicine Employees	University of Pennsylvania Employees
Limeade platform(UPHS): Home (limeade.com)	**Virgin Pulse platform:** https://join.virginpulse.com/penn **Penn Healthy You website:** https://www.hr.upenn.edu/pennhealthyyou
Email: wellfocused@pennmedicine.upenn.edu	**Email:** worklife@hr.upenn.edu or hr-wellness@hr.upenn.edu
Stay connected with Penn Moves! Instagram: penncampusrec Facebook: Penn Campus Recreation Twitter: penncampusrec Website: https://recreation.upenn.edu/	

Penn Moves Challenge is sponsored by the Healthy Penn Partnership.