PENN MOVES CHALLENGE "LEARN" RESOURCES

(Updated 5/31/22)

Key Guidelines for Safe Physical Activity (health.gov)

To do physical activity safely and reduce risk of injuries and other adverse events, people should:

- Understand the risks, yet be confident that physical activity can be safe for almost everyone.
- Choose types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- Increase physical activity gradually over time to meet key guidelines or health goals. Inactive people should "start low and go slow" by starting with lower intensity activities and gradually increasing how often and how long activities are done.
- Protect themselves by using appropriate gear and sports equipment, choosing safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- Be under the care of a health care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for them.

EMPLOYER RESOURCES	PENN MEDICINE	UNIVERSITY OF PENNSYLVANIA
Penn Moves Challenge Info Sheet	June Calendar	Penn Moves Info Sheet, Penn Healthy You
Employee Wellness Rewards Campaign	**Wellfocused Program:** https://uphshrandyou.com/Wellfocused/About-Wellfocused	***Be in the Know* Campaign:** https://www.hr.upenn.edu/beintheknow
Wellness Platform	**Limeade platform (UPHS):** https://pennmedicine.limeade.com	**Virgin Pulse platform:** https://join.virginpulse.com/penn -Track active minutes (device or manually) -Penn Challenge: "Rhythms that Move You" steps challenge (June 6-21) -Health Coaching support -Additional resources: Journeys, Personal Challenges, healthy habit trackers, daily cards, etc.
Free Classes and Events (group fitness, outdoor walks, workshops, etc.)	Calendly COBALT Yoga	**HR Events Registration page:** Search HR Events **CPHI + Penn Libraries:** Walks2Wellness (weekly themed walks)
Employer Facilities	Get Active (uphshrandyou.com)	**Penn Campus Recreation:** Facility Locations
Health Insurance Carrier Fitness Reimbursements	Get Active (uphshrandyou.com)	**IBC Members:** IBC Healthy Lifestyles Program (IBC Fitness Program flyer) **Aeta Members:** Aetna Health and Fitness Programs
Fitness Center Discounts	Get Active (uphshrandyou.com)	**Penn Healthy You/Fitness page:** Fitness (upenn.edu) **Penn Campus Recreation:** Penn Campus Recreation •**Group Exercise classes (free with membership):** Group Exercise Schedule •*Redeem Be in the Know rewards for VISA gift cards (can be used to buy membership + recreational services.)* **YMCA discount:** YMCA Flyer **GlobalFit** Global Fit | Preventative Benefits for Employees and Members

COMMUNITY RESOURCES	
Physical Activity Apps	**Strava:** https://www.strava.com/ **myfitness pal:** https://www.myfitnesspal.com/ **Seven:** https://seven.app/ **Map My Walk:** https://www.mapmywalk.com/us/ **Map My Run:** https://www.mapmyrun.com/us/
Physical Activity Web Resources	**Health.gov:** Move Your Way campaign materials (fact sheets, interactive tools, videos, etc.) **NASA:** DeskFit booklet (includes recommended desk exercises) **CDC:** Physical Activity Basics **CDC:** Physical Activity for People with a Disability