

# Wildcats *on the Move*

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## Physical Activity Challenge

Work in the garden • Play with the kids • Mow the lawn • Dance a jig • Ride a bike • Take a walk • Earn a T-shirt • Feel great!

**Wildcats on the Move** is a 10-week program that allows you to set your activity goals, then choose how to achieve them. Wildcats on the Move runs from April 20 through June 28, 2008. The cost is just \$5, and all UK employees, retirees, spouses, and sponsored dependents are welcome to participate!

### Choose your goal and record your activities

It's simple. You choose an activity goal of either:

- 150 minutes/week (30 minutes/day x 5 days/week)
- OR 300 minutes/week (60 minutes/day x 5 days/week)

From April 20 through June 28, record your minutes of physical activity each day on the activity log and return it to us by July 7, 2008. That's it!

### Get started

Visit [www.uky.edu/HR/wellness/WildcatsOntheMove.html](http://www.uky.edu/HR/wellness/WildcatsOntheMove.html). Print out your registration form and activity log, and return it along with the \$5 fee by **April 16, 2008**.

Everyone who finishes the program and meets his/her goal receives a T-shirt. Those who reach the 300-minute goal for all 10 weeks will be entered into a grand prize drawing.