



The TWU Moves Challenge
January 23- March 05, 2023
Denton Campus

TWU Fitness and Recreation is partnering with the Health and Wellbeing Initiative (HWI) to create this year's 6-week physical wellness program called **TWU Moves**. Participants will be able to track their fitness progress and overall wellbeing through the TWU Moves Scorecard located at the Fitness and Recreation Center, online, or emailed to you in your registration confirmation email.

The program consists of a 2 tier point system where participants will earn points geared towards various prizes. The first tier goal is **20 points** (Prize: Lunch Tote bag). For the second tier, the goal is **40 points** (Prize: Bento Box).

Participants can earn a **maximum of 3 points a day** in any combination of the themed areas. To log points, you will track your own progress at the Fitness and Recreation Center or at home using the TWU Moves Scorecard. Once completed, the scorecard will be turned in either at the Fitness and Recreation front desk (Denton campus) or by emailing it to Wellbeing@twu.edu. Prizes will be available for pick up at Fitness and Recreation.

TWU Moves Point System Tiers and Prizes

Tiers	Point Amount	Prize Options
1st Tier	20 points	TWU Moves Lunch Tote Bag
2nd Tier	40 points	TWU Moves Bento Box

Mandatory and Bonus Points	Point Amount
Online Registration	1 point
<i>BONUS: Follow @Wellbeingtwu and @TWUfitandrec on Instagram</i>	1 point
Post Evaluation	1 point



Fitness & Recreation Activity Options

Fitness & Recreation Options	Point Amount
Check in at TWU Fit & Rec	1 Point per day
Take a Group Exercise Class	1 Point per class
Participate in Intramurals or Open Rec	1 Point per day
Check in at the Indoor Pool	1 Point per visit
Attend an Outdoor Adventure Event	1 Point per event
Take a virtual class or workout (Virtual Option)	1 Point per class
Check into the Gaming Lounge	1 Point per day

Date:	Special Event Points*	Point Amount
1/24	Personal Training workshop	1 Point
1/27	Belay and Breakfast	1 Point
2/11	Hiking Trip	1 Point
2/13	Smores & Stargazing	1 Point
2/15	Soul Line Dancing	1 Point
2/22	Intro to Water Sports	1 Point
2/25	Zipline Trip	1 point
2/28	Personal Training workshop	1 Point
2/28	Wellness Fair	1 Point
3/3	Equine Therapy	1 Point

*For more information about participating in these special events, contact Fit & Rec @ 940-898-2900.



Health and Wellbeing Options

Complement your Fitness & Recreation points with a variety of Health and Wellbeing areas.

Build Well:

Build Well Options	Point Amount
Recycling	1 Point
Taking an alternative form of transportation	1 Point per ride
Spring cleaning and donating household items/clothes	1 Point

Eat Well:

Eat Well Options	Point Amount
Cook a healthy meal <ul style="list-style-type: none"> Post on Instagram and tag @Wellbeingtwu @TWUfitandrec 	1 Point per day
Using or volunteering at TWU Groceries to Go! or Minerva's Market Link: https://twu.edu/care/eating/	1 Point per visit or service
Meet with A Nourishing Space Student Coach starting in February 2023 Link: https://twu.edu/wellbeing/wellness-and-nutrition-coaching/	2 Points per visit Student only activity
Donate a meal from your meal plan in the Swipe It Forward campaign from Feb. 1-10, 2023. <i>(Max. 1 point for this option. Applies to TWU residential students with meal plans.)</i>	1 Point

Mind Well:

Mind Well Options	Point Amount
TWU's TAO connect lessons - Sleep Problems (5 lessons in total, so you can earn up to 5 points over time) Website Link: https://twu.edu/health-promotion/tao-connect/ Registration Link: https://us.taoconnect.org/register	1 Point per lesson Student only activity
Listen to the TWU podcast "When Life Gets Messy" or another app like it that is specifically dedicated to positive mental	1 Point per episode



health	
Take a nap in the nap pod in the basement of the library	1 Point
Use a meditation or anti-stress app and post on Instagram and tag @wellbeingtwu @TWUfitandrec	1 Point per day
Take a mindfulness moment <ul style="list-style-type: none"> Examples: spiritual meditation, a gratitude reflection during the day, guided meditation utilizing an app, journaling 	1 Point
Practice a restorative self-care habit <ul style="list-style-type: none"> Ex: self-care ideas can include reading, listening to your favorite music, cooking a familiar comfort food, etc. 	1 Point
Connecting with friends <ul style="list-style-type: none"> Ex: having lunch with a friend or catching up with a friend you haven't seen in a while 	1 Point

Move Well:

Move Well Options (in addition to Fitness and Recreation)	Point Amount
At home exercise <ul style="list-style-type: none"> Ex: Going on a walk, run, yardwork, or biking 	1 Point per day
10,000 steps in a day as recorded with a tracking device or app	1 Point per day

Spend Well:

Spend Well Options	Point Amount
Meeting with a Career Connections Counselor Link: https://careerconnections.twu.edu/channels/explore/	2 Points per visit Student only activity
Attend one of the Student Money Management Center events (tabling, presentation, webinar) Link: https://twu.edu/smmc/	1 Point per event
Internship/Job Fair (in-person or virtual)	1 Point per event
Create your WhichWay account and complete one module. New registrants: Use 4022 as the access code	2 Points Student only activity



Establish or maintain a savings account	1 Point
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