

The TWU Moves Challenge
January 23- March 05, 2023
Dallas 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 using the TWU Moves Scorecard available on our TWU websites or in your confirmation registration 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 using the TWU Moves Scorecard. Once completed, scorecards will be turned in by emailing it to Wellbeing@twu.edu. Prizes will be available at the designated campus, and, if needed, can be mailed.

Activity options are listed below.

TWU Moves Point System

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

Additional Point Options

Move Well:

Move Well Options	Point Amount
Use the Fitness Center on Campus (located on the 3rd floor)	1 Point per visit
TWU Fit and Rec Virtual Fitness Classes • Virtual Option	1 Point per class
10,000 steps in a day as recorded with a tracking device or app	1 Point per day
At home exercise • Ex: Going on a walk, run, yardwork, or biking	1 Point per day
Taking the stairs instead of the elevator for the day	1 Point per day
*Fit and Rec Zip line Trip • On 2/25/2023 (Spots limited.)	1 Point

*For information about Fit and Rec events, call 940-898-2900 or email Mwilson22@twu.edu.

Eat Well:

Eat Well Options	Point Amount
Cook a healthy meal • Post on Instagram and tag @wellbeingtwu @TWUfitandrec	1 Point per day
Use a water tracking and/or meal app throughout the day	1 Point per day
Meeting with a Nourishing Space Scholar beginning in February 2023 Website Link: https://twu.edu/wellbeing/	2 Points per visit Student only activity
Volunteer at a local food bank/pantry Link: https://ntfb.org/our-programs/get-food-assistance/find-a-food-pantry/	2 Points per service time

Build Well:

Build Well Options	Point Amount
Planting a plant (house plant, flower, produce) indoors or outdoors	2 Points
Taking an alternative form of transportation	1 Point per ride
Spring cleaning and donating household items/clothes	1 Point per donation
Recycling	1 Point per day
Buying clothing at a thrift store	1 Point
Crafting through upcycling Post on Instagram and tag @wellbeingtwu @TWUfitandrec	1 Point per craft

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 health	1 Point per episode
Use a meditation or anti-stress app tag us in Instagram: @wellbeingtwu @TWUfitandrec	1 Point per day
Take a nap in the nap pod in the TWU library	1 Point
Take a mindfulness moment Examples: spiritual meditation, a gratitude reflection during the day, guided meditation utilizing an app, journaling	1 Point
Practice a restorative self-care habit Ex: self-care ideas can include reading, listening to your favorite music, cooking a familiar comfort food, etc.	1 Point
Connecting with friends Ex: having lunch with a friend or catching up with a friend you haven't seen in a while	1 Point



Spend Well:

Spend Well Options	Point Amount
Meeting with a Career Connections Counselor Link: https://twu.joinhandshake.com/stu/appointments/new	2 Points per meeting Student only activity
Attend one of the Student Money Management Center events (tabling, presentation, webinar) Link: https://twu.edu/smmc/	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