



**The TWU Moves Challenge**  
**January 23- March 05, 2023**  
**Online Only Students**

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](mailto: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	Sticker Amount	Prize Options
1st Tier	20 stickers	TWU Moves Lunch Tote Bag
2nd Tier	40 stickers	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
Working out in a fitness center	1 Point per visit
TWU Fit and Rec Virtual Fitness Classes <ul style="list-style-type: none"><li><a href="#">Virtual Option</a></li></ul>	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 <ul style="list-style-type: none"><li>Ex: Going on a walk, run, yardwork, or biking</li></ul>	1 Point per day
Taking the stairs instead of the elevator for the day	1 Point per day

### Eat Well:

Eat Well Options	Point Amount
Use a water tracking and/or meal app throughout the day	1 Point per day
Cook a healthy meal <ul style="list-style-type: none"><li>Post on Instagram and tag @wellbeingtwu @TWUfitandrec</li></ul>	1 Point per day
Volunteer at a local food bank/pantry	2 Points per service time
Meeting with A Nourishing Space Scholar beginning in February 2023 <b>Website Link:</b> <a href="https://twu.edu/wellbeing/">https://twu.edu/wellbeing/</a>	2 Points per visit Student only activity

### Build Well:

Build Well Options	Point Amount
Recycling	1 Point per day
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
Buying clothing at a thrift store	1 Point
Crafting through upcycling <ul style="list-style-type: none"><li>Post on Instagram and tag @wellbeingtwu @TWUfitandrec</li></ul>	1 Point per craft

### Mind Well:

Mind Well Options	Point Amount
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 and post on Instagram and tag @wellbeingtwu @TWUfitandrec	1 Point per day
TWU’s TAO connect lessons - <b>Sleep Problems</b> (5 lessons in total, so you can earn up to 5 points over time) <b>Website Link:</b> <a href="https://twu.edu/health-promotion/tao-connect/">https://twu.edu/health-promotion/tao-connect/</a> <b>Registration Link:</b> <a href="https://us.taoconnect.org/register">https://us.taoconnect.org/register</a>	1 Point per lesson Student only activity
Take a mindfulness moment <ul style="list-style-type: none"><li>Examples: spiritual meditation, a gratitude reflection during the day, guided meditation utilizing an app, journaling</li></ul>	1 Point
Practice a restorative self-care habit <ul style="list-style-type: none"><li>Ex: self-care ideas can include reading, listening to your favorite music, cooking a familiar comfort food, etc.</li></ul>	1 Point
Connecting with friends <ul style="list-style-type: none"><li>Ex: having lunch with a friend or catching up with a friend you haven't seen in a while</li></ul>	1 Point

### Spend Well:

Spend Well Options	Point Amount
Meeting with a Career Connections Counselor <b>Link:</b> <a href="https://careerconnections.twu.edu/">https://careerconnections.twu.edu/</a>	2 Points per visit Student only activity



Attend one of the Student Money Management Center events (tabling, presentation, webinar) <b>Link:</b> <a href="https://twu.edu/smmc/">https://twu.edu/smmc/</a>	1 Point per event
Create your <a href="#">WhichWay</a> account and complete one module. New registrants: Use 4022 as the access code	2 Points
Establish or maintain a savings account	1 Point