

# Welcome Back! Join the Southern on the

## Move 6-Week Fitness Challenge!

Welcome back! We are very excited to kick-off the new year with our first ever Southern on the Move Fitness Challenge!

[CLICK HERE](#) to register for the FREE 6-Week SOTM Fitness Challenge! Every minute you exercise counts toward the 1,000 point or 800 point goal you register for. One minute of exercise equals one point. Bonus points will be awarded at certain times throughout the 6 weeks. Possible bonus point opportunities include: attending a SOTM walk, turning in your exercise tracking sheet, etc... Prizes will be handed out for those who complete the challenge! In order to participate all you have to do is register and then follow the instructions to track your minutes of exercise.

The challenge begins 2/4 and ends 3/18. Students, faculty and staff are all welcome to participate. The challenge is an optional component to SOTM so please feel free to participate in the walks even if you aren't registered for the challenge.

This semester we are hoping to have a walk EVERY week and we are also offering two different styles of walks to meet everyone's needs. Participants can walk the Field House's indoor track, or follow our walk leader to incorporate strength moves. Both options will be provided on every walk.

### SOTM Dates/Times/Location of Walks

- Thursdays - 12:30pm – 1pm
- All walks will be in the Field House

2/4 – Challenge Kick-Off! Special Start Time: 12pm – 1pm

2/11

2/18

2/25 – HEART WALK: Wear red and be part of a heart-shaped picture

3/4

3/11

3/18—Last walk of the 1<sup>st</sup> 6-Week Fitness Challenge

\* A reminder to student participants: you must be with the SOTM group to use the Field House from 12:00 – 1:00. Check with the Field House for hours available to students.

***“No matter who you are, no matter what you do, you absolutely, positively do have the power to change.”***

### **Kick-Off Walk:**

Thursday, February 4th,  
12-1pm, Moore Field House

### **Wellness Tip**

Reduce stress at work and school by taking short breaks throughout the day! Breaks can help keep your concentration at its best. Get up and stretch, take a short walk, or talk to a friend or coworker.

### **Healthy Recipe**

Oatmeal Dark Chocolate  
Chip Cookies  
Easy to make, tasty, and heart  
healthy!

[Click here for the recipe](#)

For more information on nutrition contact the **University Dietitian, Doreen Kordorsky** at [kordorskyd1@southernct.edu](mailto:kordorskyd1@southernct.edu) or 392-6309.

### **Fitness Tip**

Looking for a way to track your nutrition and exercise progress? Check out [www.411fit.com](http://www.411fit.com). This free website gives you the tools you need to reach your weight loss goals! Join and then become a member of the Southern Connecticut State University group.

**Southern  
on the MOVE**



[www.SouthernCT.edu/OnTheMove](http://www.SouthernCT.edu/OnTheMove)