



**WORKING FOR A
HEALTHIER TN**



Exercise Across Tennessee Challenge

Focus Area: Physical Activity

Objective: Looking to add some fun to your exercise routine? Exercise Across Tennessee (TN) can be just the answer. This is a self-paced, team challenge. Each participant will use the exercise conversion chart to determine the 1-mile equivalents for their workout routines to help their team make their way across the state of Tennessee.

Length of Challenge: 4 weeks (can be shortened or extended depending on team size)

Materials Needed: Exercise Across Tennessee Tracking Sheet

Directions:

- Weekly mileage will be recorded using the provided tracking sheet.
- The goal is to get as close to the weekly city-to-city mileage as possible either through physical activity using the conversion chart and/or by walking/running. These distances can be divided up into smaller distances amongst team members if you prefer to do so. Participants/teams do not have to reach the actual city-to-city weekly mileage in order to participate. All physical activity counts!

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite office and/or with AWS employees.

Getting Started:

1. Decide what dates your "Exercise Across TN Challenge" will run.
2. Establish a sign-up period (e.g. one week) before the challenge start date.
3. Determine how participants will let you know they participated.
4. Announce the challenge to employees! (This can be done via email, eNewsletter, department intranet and/or flyers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to participate in the "Exercise Across TN Challenge".
6. Print or attach via email the "Exercise Across TN Tracking Sheet" and distribute to all participants.
7. As the challenge comes close to an end, send out wrap-up email to participants.



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