



What Moves You?

August 19– October 31, 2013

Goals



- "Main message is to motivate Multco staff and their families to engage in simple physical activities like walking and NEAT (i.e. *fidgeting/moving/non exercise activity*) that fits with their lives and preferences. "

Overview of Campaign Activities



- **Kickoff**
 - **August 19-30 at most Trimet bus pass renewal sites!**
- **50 Moves Challenge: Get Moving!**
 - **August 27-October 20**
 - **Do as many 'moves' as you can during this challenge!**
- **Get up! reminders**
 - **September 27-October 27**
 - **Subscribe to our Google calendar and receive reminders to sneak a little movement in throughout your day.**
- **Wrap up events**
 - **Week of October 28, 4 locations throughout the county.**
 - **Educational event and prize drawings.**



Campaign Kick Off

Share What Moves You on a sticky note and grab a MultcoMove stress ball as thanks.

Learn about the current campaign from wellness team members.

commons.multco.us/campaign1



August 19-30, locations throughout county. See our Google calendar for event info.



What Moves You?

First. Try as many of the 50 moves as you can and comment on the blog posts. Which are your favorites? Why? Other ideas?

Second. Between August 28-October 20 we will open up a Web form on the Campaign 1 page:

commons.multco.us/campaign1

There you can log the moves you do in a Web Form on commons. Each entry counts as a raffle ticket. For an October drawing.

Third. Try to do as many of the moves as possible throughout the campaign and beyond.



A list of the 50 moves can be found here:

<https://commons.multco.us/county-wellness-campaigns/blogs>

Check for ideas for people of all ages and abilities.



Get Up! Reminders

First. Add our Google Campaign 1 calendar to your calendar and receive creative, daily tips for getting moving. Instructions are on the Campaign 1 page.

Second. We will be posting Weekly Wednesday Wire articles and emails on fun ways to inject a little motion into our days.

Third. Share a 1-2 minute weekly topic about movement at your departmental meetings. Schedule a spot on the meeting agenda and use our discussion guides.



September 27-October 27,
Go to commons.multco.us/campaign1
Click on the Get Up! Reminders menu link



Incentives

Kickoff. Stress balls and refreshments

50 Moves. Every time you log a move on the Web form between August 28-October 20, you will qualify for a drawing to win one of ten \$250 prizes (these prizes are taxable as a fringe benefit).

Wrap Up. Attend a class on stretches and exercises you can do at your desk by risk management. Light refreshments. Prize drawings.

Wrap Up Celebrations – 11:30-12:30 p.m. **Monday, October 28th**

Juvenile Justice Center, Large Conference Room
1401 NE 68th, Portland, OR 97213

Tuesday October 29th

Midland Library

805 SE 122nd Ave, Portland, Oregon 97233

Wednesday October 30th

Multnomah Building, Board Room

501 SE Hawthorne Blvd., Portland, Oregon 97214

Thursday October 31st

Lincoln Building, Room TBD

421 SW Oak Street, Portland, Oregon, 97204