

Get Up & Move Challenge

Social Media Challenge

Share your wellness journey on Facebook! Post a photo, comment, or link to the page according to the weekly schedule below. See your program coordinator for additional details. **#SchurzChoiceMove**

For more wellness tips and inspiration, follow us—[Facebook.com/SchurzChoice!](https://www.facebook.com/SchurzChoice)

GET SOCIAL: Facebook

{ Week 1 }

This week is all about putting your excuses aside and moving more, so for this Facebook challenge, take a picture of yourself fighting against your excuse of choice—taking a walk, doing yoga at the gym, swimming, dancing, whatever it is—and post it to Facebook.

{ Week 2 }

For this week's challenge, take a picture of yourself doing either a cardio activity or a strength-based activity, and post a picture of your healthy choice to Facebook.

{ Week 3 }

Eating whole foods is a great way to re-energize after a workout. This week, take a picture of your pre- or post-workout snack. Make sure it's made up of whole foods, not processed foods and post it to Facebook.

{ Week 4 }

It's time to do some sharing. You've created a fitness goal, so now it's time to think of the FUN part. What will you reward yourself with after you've reached your goal? Post to Facebook, describing what your goal is and what your reward will be when you reach it.

