

2025 Move Arizona Captain's Meeting

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Introduction

What is Move
Arizona?

Move Arizona
2024 by the
numbers

Physical
activity goal,
examples of
activity and
why

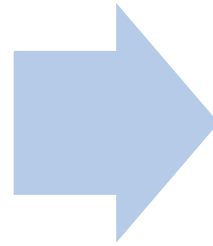
Important
dates

Captain
duties



What is Move Arizona

Move Arizona is an 8-week physical activity, workplace challenge.



Participants are encouraged to meet the Physical Activity Guidelines for Americans.



Last Year's Move Arizona

- 2024 by the Numbers
 - 140 Teams registered
 - 1,019 Registered Team Members
 - 2,279,125 minutes of tracked Physical Activity



Last Year's Move Arizona

- For 2,279,125 total minutes...it meant:
- 1,829 times you listened to ...This. Sick. Beat.
- Sitting through 11,283 Wildcat football games.
- 10,751 times completing the 50Km racewalk world record for men's championship or 9,536 times for the women's championship



Physical Activity Goals

Current recommendations:

- 150-300 minutes of moderate activity per week.

Move Arizona is a workplace challenge designed to support the Physical Activity Guidelines

- Use your minutes for the AZ Health Impact Program



[Physical Activity Guidelines for Americans 2nd edition](#)

Physical Activity Goals

- Physical activity can be
 - Broken down into manageable segments
 - 30 minutes per day
 - Or broken down into 10-15 minutes to better fit in busy schedules



Physical Activity Goals

- Remember:
 - Physical activity is cumulative
 - It all counts
 - Remain active and encourage others to remain active



Moderate Physical Activity Examples

- Physical Activity
 - Dancing
 - Practicing yoga
 - Riding a bike
 - Housework / yardwork
 - Hiking / Walking
 - And many other activities



Why be Physically Active?

- Physical Activity creates
 - Clearer thinking or cognition
 - Creativity
 - Productivity
 - Greater sense of wellbeing
 - Reduces anxiety and depression
 - Better health outcomes



Important Dates

1

Move AZ team registration

- Feb 5 – Feb 18 no late registrations allowed

2

Move AZ Captain and Team sign-up closed

- Feb 18 at 5:15 pm

3

Move AZ Workplace 8-week Physical Activity Program

- Feb 26-Apr 22

4

Tracking tool will be closed on

- Apr 24 at 7:00am



*Reminder for 2025

- Same tracker – **CHALLENGE = RUNNER**
 - Create an account with:
 - your name
 - UA Email create your own password
 - Choose your team
 - Log your day and time
- Up to four teams per captain
 - Team registration form to match
 - Captains may have
 - One team from 2-10 members
 - Up to three teams with 2-9 members



Captain Responsibilities

- Share link for physical activity tracker
- Remind team members of program dates
 - <https://lifework.arizona.edu/move-arizona>
- Only minutes during the 8-week program count for the total minutes



Motivating Your Team

- Send a message to your team each week with one or all the following:
 - Quick tracking reminder
 - Motivational story or quote
 - Encouragement to be physically active



Registration Forms and Tracker

- Demonstration of the Registration Form
- Demonstration of the Tracker

CHALLENGE  RUNNER



Wrap Up

Eye on the prize

Weekly goal

Remember important dates

Registration form and tracker

Captain responsibilities



?? Questions ??



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