

Move & Groove this Summer!



MOVE 
Challenge



Move
Challenge
DIRECTIONS
MANUAL



June 6 - July 31, 2022

Special Olympics Montana



Move Challenge

Move & Groove this Summer!

WHAT: An 8-week movement challenge to see how many minutes of **intentional** exercise participants can complete each week. Each week has a health education reminder/focus.

WHO: Participants will have the choice of competing as an Individual (a Special Olympics athlete), Doubles (traditional or Unified), or as part of a Team (traditional or Unified, 4 people total). Unified teams don't need to be a 50-50 mix (two athletes and 2 partners), but must include at least one athlete and one Unified partner. (See options/definitions on the last page.)

Prizes (1st- 2nd- 3rd place) and certificates will be awarded to Individuals in various age divisions (ages 2-10, 11-20, 21-30, 31-40, 41-50, and 51+) and for the top 3 finishers for Doubles (Traditional and Unified) and Teams (Traditional and Unified).

WHEN: Participant registration is **May 23 - June 2**.
The Move Challenge runs June 6 – July 31, 2022.



HOW: After registering, participants keep track of how many minutes they exercise (Monday-Sunday). Each week, on Monday, athletes will self-report their minutes for the previous 7 days via an email to Bill Salonen at bsalonen@somt.org for a spot on our SOMT "This Week's Move Challenge Leaderboard."



Contact Bill Salonen at
bsalonen@somt.org or 406-315-4230
to register or ask questions.



Guidelines

Move intentionally! How you get your movement minutes is up to you, but only count minutes where you are intentionally moving for exercise. A walk around the block after dinner counts, but walking around at your job does not.

Be Honest! Please provide an honest and accurate account when recording your results.

Be Safe! As you are being active, make sure you follow local COVID-19 protocols and Special Olympics protocols when exercising both inside and outside, if around other people.

Be Social! As you complete activities, please post pictures on social media. Use the hashtag #SOMTMove. Send them to Bill Salonen, as well, for his *Health Bites* newsletter.

Be Encouraging! As people post their activities, pictures, and progress, encourage your fellow challenge members.

Be Brave in the Attempt! Challenge yourself!

Get active during the SOMT Move Challenge!



STEP 1: PICK HOW YOU WANT TO EXERCISE!

How you exercise is completely up to you! Everything from dancing and running to doing yoga and lifting weights counts!

All of your exercise needs to be **intentional exercise**: you cannot count minutes stacking boxes at work, but you can count taking your dog for a walk.

The CDC recommends that children ages 6-17 get 60 minutes of moderate or vigorous activity each day and that adults get 150 minutes of moderate or vigorous activity each week.

STEP 2: KEEP TRACK OF YOUR MINUTES AND REPORT THEM EACH MONDAY!

STEP 3: SHARE HOW YOU'RE EXERCISING ON SOCIAL MEDIA USING #SOMTMOVE!

Trackers

The Move Challenge Tracker is a two-sided calendar for June 6 – July 31 that participants can use to track their daily minutes of exercise. Fill out the box at the top with name, age, team, and wheelchair options. **Enter the number of minutes completed during an intentional exercise session, not just your total minutes of movement for the day.** Team totals can be entered together in each box on just one tracker.

Every Monday, athletes can self-report their steps for the previous 7 days via an email to Bill Salonen at bsalonen@somt.org for a spot on our SOMT “This Week’s Leaderboard”.

Move Challenge TRACKER

Move & Groove this Summer!

STEP 1: CHOOSE HOW YOU’LL MOVE!
 Aim for at least 30 minutes of moderate physical activity every day. Move more if you want to lose weight.



Name: _____ Age: _____
 Team Name: _____ City: _____
 Individual Traditional team Traditional pair Unified team
 Unified pair Manual wheelchair Motorized wheelchair

STEP 2: WRITE THE NUMBER OF MINUTES YOU MOVE IN INTENTIONAL EXERCISE EACH DAY ON THE CALENDAR.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1: June 6--12	6	7	8	9	10	11	12
	_____ min						
Week 2: June 13-19	13	14	15	16	17	18	19
	_____ min						
Week 3: June 20-26	20	21	22	23	24	25	26
	_____ min						
Week 4: June 27- July 3	27	28	29	30	1	2	3
	_____ min						



FAQs

SOMT Stride Challenge Frequently Asked Questions



Q: *How is the Move Challenge different than the Stride Challenge?*

A: The SOMT Move Challenge is different from the Stride Challenge in three (3) important ways:

- 1) Participants are reporting the **total number of minutes they exercise each week.**
- 2) All types of exercise count: running, walking, swimming, playing tennis, dancing, yoga, etc.
- 3) The SOMT Move Challenge offers traditional doubles (two Special Olympics athletes) as well as traditional (all Special Olympics athletes) and Unified (Special Olympics athletes and Unified partners) teams.

Q: *Should exercise minutes reported in this challenge solely be minutes of intentional exercise or does it also count exercise logged during the day such as minutes walked while working at a grocery store, cleaning the living room, etc.?*

A: For this Challenge, minutes reported each week need to be part of intentional exercise sessions.

Q: *What kind of exercise counts?*

A: All types of moderate to vigorous exercise count: running, walking, swimming, weightlifting, dancing, yoga, etc.



Q: *What does the week consist of?*

A: Each week runs Monday through Sunday.



Q: *Does the weekly tracking have to be completed on a certain day of the week? If so, what is that day?*

A: Yes, participants should complete their tracking and send it in on Monday.

Q: *If a Unified partner doesn't have an athlete partner yet, can they still register? If so, how?*

A: Unified pairs need to be determined prior to registration.



Incentives

At the end of the 8-week challenge, prizes for 1st, 2nd, and 3rd place will be awarded to individuals in each age division (ages 2-10, 11-20, 21-30, 31-40, 41-50, and 51+), to the members of the top Traditional team, top Traditional pair, top Unified team, top Unified pair, and to the top manual and motorized wheelchair participants.

"This Week's Leaderboard"

Top spots on the leaderboard will be posted on SOMT's Special Olympics Montana Facebook page each Wednesday. There will be Individual, Team, & Wheelchair categories on the leaderboard.



Educational Materials

Each week will include a special health education focus. These will be shared through weekly email messages sent to each participant and posted on Facebook.

Types of Teams and Pairs

In addition to competing as an individual, SOMT athletes can compete as a:

- **Traditional Doubles** = 2 SOMT athletes
- **Traditional Team** = a team of 4 made up of SOMT athletes
- **Unified Doubles** = 1 SOMT athlete and 1 friend, family member, or Unified Partner
- **Unified Team** = a team of 4, comprised of at least 1 SOMT athlete and at least 1 friend, family member, or Unified Partner

Check the correct category (individual, team, pair, or wheelchair) in the box on your Tracker sheet. Note: Traditional and Unified Doubles will register and compete separately but will be counted as one pair.

Fun Times!

Happy Summer!

