

ARE YOU READY TO GET FIT?



What is the WOMAN Challenge?

WOMAN Challenge Fact Sheet

This May, thousands of women across the country will embark on an eight-week physical activity challenge for better health. They will be part of the WOMAN Challenge—that is, Women and girls Out Moving Across the Nation. The U.S. Department of Health and Human Services' Office on Women's Health is coordinating the WOMAN Challenge to kick off the ninth annual National Women's Health Week (May 11-17, 2008). This free eight week challenge encourages women and girls to walk 10,000 steps or get 30 minutes of moderate exercise every day. The WOMAN Challenge begins on Mother's Day, May 11, and ends on July 5, 2008.

How can I register to participate?

Participants are able to register online at www.womenshealth.gov/woman.

Participants will receive a tracking log (while supplies last) to record their progress throughout the eight weeks. They will also receive weekly motivational e-mails and health tips to help them reach their goals. Women can choose to travel one of six different "virtual" routes across America.



Can I register a team to participate in the Challenge?

Team participation is highly encouraged. Form an intergenerational team with you, your mom, grandmother or daughter, encourage your co-workers to create an inter-office team or walk with your girlfriends. However you choose to take part in the WOMAN Challenge, make it fun.

For information about the WOMAN Challenge and National Women's Health Week, please visit the National Women's Health Week Web site at www.womenshealth.gov/woman or call (800)-994-9662 or TTY: (888) 220-5446.

Follow these steps to join our team:

1. Register at www.womenshealth.gov/woman
2. After you register, go to: "Select a Team"
3. Join the team called: "CHOICES".



www.CHOICESFORKIDS.org
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