Week 1 | May 2 – May 8

**Announcement:**

The Challenge Starts Monday, May 2. Visit [TheRivalsChallenge.org](http://TheRivalsChallenge.org) to get started. Join or create a team of 2–20 people. Log your minutes of moderate physical activity through June 26 to help beat Michigan!

**Tip of the week:**

**Talk to an expert:** If you are unsure how to start an exercise routine, it may be a wise decision to talk to a professional or personal trainer. They may ask you to complete an assessment of your current fitness level in order to provide you with a customized plan. They can also teach you how to use the gym equipment properly and get you off to a great start. No gym? A free health coach can help get you started! Visit [go.osu.edu/freehealthcoach](http://go.osu.edu/freehealthcoach) for more information.

Week 2 | May 9 – May 15

**Announcement:**

It's not too late to join a team, get active and be a part of the effort to topple Michigan in the first ever Rivals Challenge. Visit [TheRivalsChallenge.org](http://TheRivalsChallenge.org) to get started.

**Tip of the week:**

**Move more during the day:** In America, 80% of people do not meet the exercise guidelines for 150 minutes of moderate activity during the week. If you fall in this category there are many ways to add in more physical activity during the day. Push away from your chair every 60 minutes and take a lap around your office. Choose to take the stairs instead of the elevator. Deliver a message to a colleague via post-it instead of sending an email. Stand and fold laundry or pack your lunch instead of sitting and watching TV at night. Check out this infographic to get you started. [Provide infographic]
8-week Physical Activity Challenge to Beat Michigan! TheRivalsChallenge.org

**Week 3 | May 16 – May 22**

**Announcement:**

Who is in the lead? Check the scoreboard at TheRivalsChallenge.org to see who is winning. Do your part to Beat Michigan and get more active in the process!

**Tip of the week:**

**Make a plan:** Creating a plan of what you’re going to do and how you’re going to do it can help keep you accountable to your goals. Your goals should be SMART – specific, measurable, action oriented, realistic, and time-based. No goal is too small! Build consistency with your goal and then add to it when you’re ready or make changes to your plan as you go along. A Health Coach is a great resource to help keep you accountable to your goals! Visit go.osu.edu/freehealthcoach to get started.

**Week 4 | May 23 – May 29**

**Announcement:**

The Ohio State and Michigan rivalry is based on decades of tradition, but it’s not just bragging rights on the line for who is THE leader in university wellness – YOU can with a t-shirt, Fitbit Blaze and YP4H points just for participating and logging your weekly minutes of moderate physical activity! To be eligible to win these weekly prizes, you need to complete your PHA and biometric screening. Visit yp4h.osu.edu to get started.

**Tip of the week:**

**Write down your motivators:** How do you persevere when setbacks occur? Motivation can come and go, so it’s important to remind yourself why you want to sustain or improve your health. Picture yourself at the finish line and describe what it feels and looks like to be your best self. Identify your motivators and surround yourself with them on a daily basis. It takes time to build healthy habits and overcome barriers, so this is an important step to keep you motivated!
**Meeting Leader Toolkit**

**The Rivals Challenge | Meeting Tips**

_Suggested meeting announcements and tips to share in your weekly pre-shift staff meetings._

8-week Physical Activity Challenge to Beat Michigan! [TheRivalsChallenge.org](http://TheRivalsChallenge.org)

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### Week 5 | May 30 - June 5

**Announcement:**

There are free exercise classes/events and free week long gym memberships available to those in the rivals challenge. Find activities that you enjoy and incorporate them into your plan because you’ll be more likely to stick with it. Visit [go.osu.edu/yp4hcalendar](http://go.osu.edu/yp4hcalendar) for more information.

**Tip of the week:**

**Track your progress:** You won’t see visible results right away, but tracking your progress will help you see where you started and where you are now. You can weigh in every once in a while, but do not obsess over the scale. Instead, try taking before and after pictures or even body measurements (in inches). Write down your workouts including: how much weight and number of repetitions completed; distance you ran/walked and time it took to complete; etc. Take note of how much energy and endurance you have and how you felt during the workout. Remember, you will feel different before you look different. Change takes time, so try and stay focused.

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### Week 6 | June 6 – June 12

**Announcement:**

It’s week 6 of the challenge and there are only a few more weeks to go. Let’s rally together as a college/unit to accumulate as many minutes as we can in this home stretch. Thanks for doing your part to beat Michigan!

**Tip of the week:**

**Buddy up:** Sometimes it’s hard to reach your physical activity goals on your own. Identify and engage a family member, friend, co-worker, or neighbor to join your workouts. It is highly likely that there are other people in your network with similar goals. Team up for extra support and accountability.
Meeting Leader Toolkit

The Rivals Challenge | Meeting Tips

Suggested meeting announcements and tips to share in your weekly pre-shift staff meetings.

8-week Physical Activity Challenge to Beat Michigan! TheRivalsChallenge.org

Week 7 | June 13 – June 19

Announcement:

Try increasing your minutes if you can for these last few weeks – remember, every minute counts! Also, don’t forget to register for the Reveal Party at the RPAC Plaza on July 8 from 11:00am-1:00pm. There will be games, free snacks, a food truck and you can take your chance at soaking a Michigan fan in the dunk tank! The winning university and our college/unit winners will also be announced. Can’t attend in person? This will be held virtually, via webinar. Visit go.osu.edu/rivalsreveal for more info and to register.

Tip of the week:

Switch it up: It takes 8 - 12 weeks for your body to get used to a new routine. Often times you’ll also find that your results are slowing down. This is an indicator that it is time to change up your routine. Try picking some new activities or make things more difficult for yourself. Think about adding more time, repetitions, weight or sets to your exercises.

Week 8 | June 20 – June 26

Announcement:

It’s the last week of The Rivals Challenge – make sure to enter all of your minutes through June 26! Celebrate your successes by coming to the Reveal Party (in person or stream online) on July 8 from 11:00am-1:00pm at the RPAC Plaza to see who wins! Go Bucks!

Tip of the week:

Form and technique trump the weight every time: Are you completing resistance training as part of your active minutes twice a week? If not, you should be! It’s not always about how much weight you can move. It’s more important to use a lighter weight that you can move properly using good form and technique. Focus on the muscles the exercise is targeting and concentrate on squeezing that muscle at the top of the movement.