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**What is the step goal for the 2015 *MOVE* IT challenge?**

* Each week, you/your team will aim for a minimum of 37,500 average weekly steps (this is equivalent to 7,500 steps, on average, 5 days per week or at least 5,400 steps each day of the week).

**How do I earn prizes and what are the prizes?**

* All individuals/teams who meet the weekly milestone of an average of at least 37,500 steps will be entered into that week's prize drawing.
* The more milestones you reach, the more chances you have to win the final prize drawing at the end of the challenge!  Plus, if you/your team reach the final milestone (at least 300,000 steps), you will receive a dry-fit shirt (one per participant).
* The top 3 teams/individuals with the highest average number of steps and the 3 most improved teams/individuals at the end of the challenge will receive prizes.
* Prizes may include, but are not limited to, home fitness gear, day passes to Alumni Gym, FLIP classes, Personal Training Sessions at Zimmerman Fitness Center, activity tracking devices, massages, gift certificates to local sporting goods stores, and more!

**What's different about the MOVE IT 2015 compared to the 2014 challenge?**

* You may participate on a team, as an individual, or both.
* Teams can be slightly smaller accommodating 2 – 10 team members.
* The overall step goal will stay the same throughout the challenge allowing for individuals/teams to have a new chance each week to qualify for the weekly prize drawings.
* A different pedometer will be offered. This year's model includes a cover to eliminate the accidental deletion of steps, accelerometer technology providing more accuracy and more forgiveness of the angle/placement of where the pedometer is worn, and no "clicking" noises while moving.
* A $10 discount is available on any activity tracking devices purchased at The Dartmouth College Computer Store and is offered in addition to the existing discounts offered to Dartmouth College employees (one $10 discount per device per MOVE IT participant applies)
* Choice in prize options during registration and at the end of the challenge and recognition of more teams and individuals at the end of the challenge!