Sitting for prolonged periods of time is hazardous to your health, even if you get the recommended 30 minutes of physical activity a day. Take the Sit Less Move More 72-hour challenge and discover how simple it can be to be more active throughout the day.

**Directions:** Each day of the challenge add four Move More Options to your day. Choose from the list below or add your own ideas. Record your activities in the log. After you’ve completed the challenge card, walk on over to the Recreational Services Desk at Dixon to redeem it for a resistance band.

**Move More Options**

**Stand More:** Stand and or pace for 10 minutes while reading, talking on the phone, or studying.

**Active TV viewing:** If you watch TV, be active while watching for 10 minutes (fold laundry, stretch, sit-ups, jumping jacks, etc.)

**Move More with a Friend:** Be active with a friend/family member for at least 10 minutes. Play Frisbee, shoot hoops, walk – you get the idea.

**Class time break:** During a long class; stand up, walk around, stretch, go up and down a flight of stairs – get creative!

**Active Transportation:** Walk or bike to class/work instead of drive, help the environment too!

**Recreational Sports Orientation:** Stop by the fitness services desk in Weight Room 1 and ask for a fitness specialist for a Free 30 minute orientation to RecSports facilities and equipment.

**Walk More:** Add a 15 minute walk to your day. Take 2 laps at Student Legacy Park, walk from the MU to the covered bridge, walk around the library quad 3 times, or walk with the Move-It-Monday group at Student Health Services.

**Add your own:** Fill in the log with your own ideas.

*Remember, the goal is to Move More each day – so don’t count activities that are already a part of your regular routine.*

Complete the survey on the back of this card before redeeming your resistance band.
# 72 Hour Challenge: Student

**Name & Email**

1. **Are you a**
   - [ ] Freshman
   - [ ] Sophomore
   - [ ] Junior
   - [ ] Senior
   - [ ] Grad Student

2. **Where did you hear about this challenge?**
   - [ ] OSU RecSports website
   - [ ] At Dixon
   - [ ] Social Media
   - [ ] From a friend
   - [ ] Other

3. **The American College of Sports Medicine (ACSM) recommends that adults get 150 minutes a week (30 minutes 5 days a week) of moderate intensity physical activity. How many days a week do you get 30 minutes of moderate physical activity?**
   - [ ] day(s) a week

4. **The ACSM recommends including cardiovascular exercises 3–5 days a week, strength exercises 2–3 days a week, and flexibility exercises 2–3 days a week as part of a regular physical activity routine. How many days a week do you include the following activities? Mark between 0–5 day(s).**
   - [ ] day(s) of Cardiorespiratory Exercise
   - [ ] day(s) of Resistance Exercise
   - [ ] day(s) of Flexibility Exercise

5. **Use this chart to calculate on a typical day how many hours you spend sitting or in other sedentary activities**

<table>
<thead>
<tr>
<th>Seated/sedentary activity</th>
<th>Hours a day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating</td>
<td></td>
</tr>
<tr>
<td>Driving/transportation</td>
<td></td>
</tr>
<tr>
<td>In Class</td>
<td></td>
</tr>
<tr>
<td>Studying</td>
<td></td>
</tr>
<tr>
<td>Watching TV</td>
<td></td>
</tr>
<tr>
<td>Video Games</td>
<td></td>
</tr>
<tr>
<td>Using Computer</td>
<td></td>
</tr>
<tr>
<td>Napping</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>Total sedentary hours</td>
<td></td>
</tr>
</tbody>
</table>

6. **This challenge increased my level of daily physical activity.**
   - [ ] agree  [ ] disagree

7. **How confident are you that you can be more active?**
   - [ ] not at all confident
   - [ ] somewhat confident
   - [ ] very confident

8. **I will continue to increase my level of physical activity after this challenge.**
   - [ ] agree  [ ] disagree

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*Return card to the [Recreational Services Desk](https://oregonstate.edu/recsports/slmm) at Dixon to redeem for a resistance band. Only one band per participant please.*

This publication will be made available in accessible format upon request. Please call Wendy Little, 541-737-7096.