



## Summer Fitness Challenge Q&A

### Who can participate in the #HVSMMoves Fitness Challenge?

Anyone! Register as an individual or invite friends and family from anywhere to form a “virtual” team of up to 10 members. We’ll use an average of your team member’s minutes to determine weekly team rankings.

### How do I register?

You can register for **FREE** on our [Registration Form](#) or by visiting [www.hvcoalition.org](http://www.hvcoalition.org).

### I’m registered, now what do I do?

Track your weekly physical activity minutes and submit them via the Minutes Tracker link that will be shared in your welcome email. You can also access the tracking link by visiting the Huron Valley Community Coalition web page at [www.hvcoalition.org](http://www.hvcoalition.org) or social media posts.

### What are the dates for #HVSMMoves?

There are two sessions, with prizes awarded for each. You can sign up for either or both sessions.

Session #1: June 15 through July 17

Session #2: July 27 through August 30

### Does it matter what activity I choose?

This is a “get fit any way you like” event. So have fun - run, walk, dance, do a home workout video, yoga, climb some stairs, lift weights, ride a bike, kayak - whatever activity that gets you up and moving counts.

### How do I or my team earn prizes?

The top individuals with the most accumulated minutes of activity and the top teams with the most minutes averaged among their team, at the end of each session will receive recognition and prizes. Weekly emails will keep you updated on where your team ranks each week!

Please contact [Randy.Root@hvs.org](mailto:Randy.Root@hvs.org) with any additional #HVSMMoves questions!