

Help UK Outpace UofL, Earn a Free T-shirt
Sept. 16, 2014

Dear Colleague:

We need your help in outpacing UofL in the 4th Annual **UK vs. UofL Moving for Healthy Hearts Challenge**. Over a 10-week challenge period which **starts this week**, the organization whose employees record the highest average level of physical activity wins. While UofL narrowly won last year's challenge, I am confident we will return the Healthy Hearts Challenge trophy back into Big Blue territory this year when it is presented at the UK vs. UofL football game on Saturday, November 29. Participants who record a certain level of physical activity will earn a **free commemorative UK vs. UofL challenge T-shirt**.

I hope you will join me in participating in this challenge, which is offered by the American Heart Association (AHA) and coordinated by UK Health & Wellness: [Click here to learn more and register now.](#)

Once registered, simply track your minutes of physical activity each week through Friday, November 21, 2014. Any movement counts – whether you take a walk, go for a swim, ride a bike, dance – you name it. Even the steps you take while shopping or running errands count toward UK's average. The AHA's activity tracker is simple and easy to use. Additionally, all participants will be entered in a weekly raffle to win prizes such as tickets to Keeneland, gift cards and more.

We know Big Blue Nation will make every effort to prevail, but it is important to remember this challenge stems from a common goal which unites the two largest universities in the Commonwealth: improving the health and well-being of *all* Kentuckians. Both universities' Health & Wellness programs have set the weekly goal for individuals at 150 minutes of moderate-intensity activity, the AHA's recommended amount for improving overall cardiovascular health. We are proud to take part in such a collaboration.

Get moving Big Blue!

Eli Capilouto
President