



Stay Proactive With Your Health by Making a Habit of Moving More

Why Participate?

It is said up to 85% of chronic disease and pain is preventable through an increase in movement and proper nourishment. The [US Government Physical Activity Guidelines](#) states we need anywhere from 4-8 hours of movement weekly based on the individual, their needs, and goals.

What Does the Challenge Entail?

The challenge is for the individual to improve their weekly movement based on their starting point. If you are under 4 hours of weekly movement, your challenge is to get to 4 hours. If you are at 6 hours of weekly movement your challenge is to get to 8 hours. For individuals starting at 8 hours, the challenge is to get to 10 hours.

The challenge lasts eight weeks and involves tracking your daily movement with our Movement Meter found in our CoachFit and HomeFit apps. The Movement Meter categorizes your movement into four pillars: Mobility, Strength, Metabolic, and Power. Each time you perform an activity or workout simply click and confirm you completed it in the app.

Engage

There is no cost for the challenge and the program will be distributed via our CoachFit and HomeFit apps. Simply click "Take The Challenge" on the [webpage](#) to enroll today.

YRewards

In order to earn YRewards points, you must take a screenshot of your Movement Meter at the end of each week (concluding on Sunday evenings). Please send screenshots to info@dynamichealthfitness.com.



Download on the app store.