**NASPSPA Website Info for Movement Challenge**

The NASPSPA Movement Challenge is a one-month long fundraiser from February 1 to March 1, 2023. NASPSPA members as well as family and friends are encouraged to participate! All participants will strive to move throughout their daily lives as part of a competition to promote physical activity, enhance social support, and raise funds. All funds will be used to support NASPSPA student members attending the 2023 annual conference in Toronto. Registration is $15. You are welcome to donate more than $15.

**How it works**

All individuals who register for the fundraiser will join a team with other individuals from their university. If you are friend or family member of a NASPSPA member, you can fill in the university affiliation of your choice. Each team member will contribute to the overall movement accomplished by the team. As such, teams are encouraged to gather more group members because this will increase the movement total (e.g., total distance traveled in the month) and complete their movement with other team members. For example, if you went on a 1 mile walk with two team members, your team will earn 3 miles team because each person walked 1 mile even though you did it together. The challenge movement will include various types of movement - walk/run/use a wheelchair, cycle/handcycle, and swim/aqua jog, yoga, strength training (and more!) as well as using stationary equipment (e.g., treadmill, stationary bike) or non-stationary equipment.

**Are you in it to win it?**

We are determining a point system based off the distance for each type of movement. Bragging rights will be awarded based on the following:

* Team with the most points
* University with the most registrants
* First team to reach the distance from Hawaii to Toronto (4,612 miles)

Register here. More details regarding tracking your distance will be provided closer to the start of the competition.

**Registration Questions**

* Full name \_\_\_\_\_\_\_\_\_\_\_\_
* Email address \_\_\_\_\_\_\_\_\_\_
* NASPSPA Status (Select one)
  + NASPSPA member
    - Student
    - Post-doc
    - Professional
    - Retiree
  + Non-NASPSPA member
* University (If a non-NASPSPA member, put the university of the person who told you about this initiative) \_\_\_\_\_\_\_\_\_\_\_\_\_
* Would you be interested in being a team leader? (Team leaders would be responsible for tracking their team’s progress, connecting the team members, and motivating their team)
  + Yes
  + No