

Texas Round-Up and the Governor's Challenge Frequently Asked Questions

1. What is the Texas Round-Up?

The Texas Round-Up is a non-profit organization focused on improving the health of Texas through education and promotion of physical activity and healthy living. They accomplish their mission by hosting three year-round programs: GetFitTexas!, FitCities, and FitKids, as well as the annual Texas Round-Up 10K-5K-Family Mile and Fitness Festival every spring in Austin, Texas.

2. What is the Governor's Challenge?

Each year, leading up to the Texas Round-Up 10K-5K-Family Mile and Fitness Festival in Austin, Governor Perry challenges Texans to complete at least six weeks of physical activity at or above the physical activity guidelines for adults and children.

For adults, 30 minutes a day, five days a week (or any combination of 150 minutes a week) for six weeks is all it takes to complete the program. Children 18 and under need a bit more activity: 60 minutes a day, five days a week, (or any combination of 300 minutes a week) for six weeks.

Participants can compete individually, or form a team and compete in different team challenges including schools, families, corporations, social organizations and state agencies. Teams can compete to be the "Fittest in Texas."

3. Who can be a member of the team?

The corporate challenge is for employees only. Employees who want to get their family members involved can participate in the Family Challenge. Participants can join multiple teams in multiple categories, but only have to log their time once. Following are the groups to choose from:

- Corporate Challenge
- Family Challenge
- Fitness Clubs and Groups
- Municipal Organizations
- School Challenge – Faculty
- School Challenge – Students
- Service Organization Challenge
- State Agency Challenge

4. What awards will be given?

In each category, the following awards are given: Governor's Cup, Gold Medal, Silver Medal, and Bronze Medal.

5. How can you get involved?

Encourage employees in Texas to participate in the Governor's Challenge by creating an account in GetFitTexas! on the [Round-Up Web site](#) and logging their physical activity. See the flyers under "Helpful Resources" at http://www.bcbstx.com/texas_roundup.htm for instructions.

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6. What is the GetFitTexas! program?

GetFitTexas! is a free program that encourages regular exercise and allows you to keep a record of all your physical activity online in a calendar format. The program is broken out into six-week cycles, and every time you complete six weeks of activity at or above the recommended levels, you will receive a certificate of completion from the Texas Round-Up.

Adults are challenged to exercise 150 minutes per week. Children are challenged to get 300 minutes of physical activity per week.

To participate in the Governor's Challenge, you must log your activity in GetFitTexas! See the flyers under "Helpful Resources" at www.bcbstx.com/texas_roundup.htm for instructions.

7. What will it cost?

There is no cost for participating in the Governor's Challenge.

8. How will participation in the Governor's Challenge benefit employers and employees?

Obesity is an expensive problem. According to America's Health Rankings:

- Since 1990, the prevalence of obesity in Texas increased from 12.3 percent to 28.9 percent of the population in 2009.
- If this trend continues, health care spending in Texas related to obesity will be approximately \$557 per adult in 2013.¹

A Centers for Disease Control and Prevention study found that physically active people had, on average, lower annual medical costs, fewer hospital stays and visits to the doctor's office, and used less medication, than inactive people.²

Everyone can benefit from physical activity—no matter how out-of-shape they are or how long they've been inactive—and the benefits of exercise are huge. People can increase their chances of living longer and control blood pressure, blood sugar, cholesterol and weight.³

9. How can I motivate employees to participate?

Encourage friendly competition. Ask departments to challenge one another and create a fun way to reward the winners. Consider having a drawing for close-in parking spaces or paid time off. We have put together ideas for employee incentives, as well as suggested messages you can cut and paste into email messages or articles. See "How to Get Employees Involved" in the Resources section at www.bcbstx.com/texas_roundup.htm

1. The Future Costs of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses
<http://www.fightchronicdisease.org/pdfs/CostofObesityReport-FINAL.pdf>

2. <http://aspe.hhs.gov/health/reports/physicalactivity/>

3. U.S. Department of Health and Human Services

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10. As of February 6, there are nine weeks left in the Governor's Challenge, which ends April 10. Is there enough time to complete it?

Individuals can log physical activity in GetFitTexas! at any time of the year. However, when participants complete their six weeks between January 1 and April 10, they will have completed the Governor's Challenge and receive a certificate signed by the governor. April 10 is also the last day of the team competition for the Texas Round-Up's "Fittest in Texas" awards/

During the Governor's Challenge, activity can be logged as far back as January 1, 2010, and the six weeks do not have to be consecutive.

Individuals who complete the six week cycle of activity after April 10 will receive a certificate signed by the executive director of Texas Round-Up.

11. In order for a week to count toward the challenge, do five days of activity have to be logged?

No. The requirement is to log 150 minutes of activity in a week (Sunday to Saturday). Any combination can be used, e.g., 40 minutes/4 days; 22 minutes/7 days, etc. However, the recommended guideline for adults is, at a minimum, 30 minutes a day, five days a week.

12. If only 140 minutes are logged in a week, is the week lost?

Minutes do not roll-over. The week could not be counted toward the six-week goal, and the remaining 10 minutes could not be made up during the next week.

13. Do the six weeks have to be consecutive in order to complete the Governor's Challenge?

No.

14. Is there 'extra credit' for logging more than 150 minutes a week?

No.

15. What counts as physical activity?

There are 119 activities to choose from – everything from individual and team sports to housework.

16. What if an individual wants to participate, but does not have Internet access?

Make sure Governor's Challenge team leaders have Internet access. They can enter activity into GetFitTexas! for all members of their team if necessary.

17. Can an individual join more than one challenge?

Yes. Logged activity is automatically credited to all teams the individual has joined.

18. Can employees in another state participate in the Governor's Challenge?

The Round-Up is an initiative to fight obesity and inactivity among Texans, so Governor's Challenge participants should reside in Texas.

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19. How do I name my team?

For easy tracking, we suggest you begin your team name with the name of your organization. For example, if your company name is XYZ, but you want to be creative with your team name, you could be "XYZ-Robert's Runners."

20. Can I get a report on my company's or team's progress?

Your Governor's Challenge team leader can view team progress reports at any time on the Round-Up site.

For more information, visit www.texasroundup.org.