



## “Georgia State University on the Move” Wellness Initiative

**Georgia State University on the Move** is a new wellness program created to:

- ✓ Help make the campus a supportive environment for active living and healthy eating
- ✓ Raise participants' awareness of their current physical activity level and nutrition habits
- ✓ Encourage positive physical and healthy eating behavior changes

Georgia State on the Move provides a simple, fun way for you to achieve energy balance by encouraging 2 small changes each day:

- Take **2000** more steps (or the activity equivalent)
- Eat **100** fewer calories (by making smarter food choices)

**Q: Does it cost anything to participate in Georgia State University on the Move?**

**A:** No - the program is free to all Faculty, Staff & Students!

**Q: Is Georgia State University on the Move a weight loss program?**

**A:** No, not exactly. Georgia State University on the Move is a part of America on the Move, a physical activity and healthful nutrition program initiative. The first goal of the program is to prevent weight gain by encouraging participants to increase daily average activity level by 2000 steps and to make wiser food choices that help participants eat 100 fewer calories each day. If your goal is weight loss, you'll want to be more active and cut more calories.

**Q: What information is available to help me start walking more and get more active?**

**A:** There are several organizations and websites designed to create awareness on increased physical activity in the workplace, here is a list of helpful links:

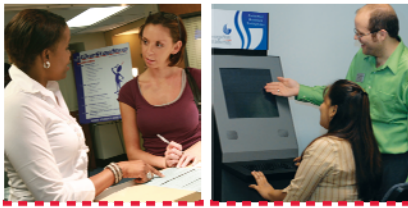
**America on the Move:** [www.americaonthemove.org](http://www.americaonthemove.org)

**The President's Challenge:** [www.presidentschallenge.org](http://www.presidentschallenge.org)

**Blue Cross/Blue Shield Walking Works:** [www.bcbs.com/innovations/walkingworks/](http://www.bcbs.com/innovations/walkingworks/)

**Kaiser Permanente 10,000 Steps:** <http://kp.10k-steps.com/default.aspx>





# HUMAN RESOURCES

Employee Development and Wellness Services



**Q: Are there any annual walking events that Georgia State participates in?**

**A:** Yes! Events such as the Kaiser Permanente Corporate Run/Walk, the Susan G. Komen Breast Cancer 3-Day Walk and National Walk at Lunch Day are just a few examples of some of the many events that can help you start walking more and work toward a good cause. For more information on these events or others, contact Employee Development & Wellness Services at 404-413-3342 or via email at [edws@gsu.edu](mailto:edws@gsu.edu)

