

WOMAN Challenge Fact Sheet

This May, thousands of women across the country will embark on an eight-week physical activity challenge for better health. They will be part of the WOMAN Challenge – Women and girls Out Moving Across the Nation – a program of the U.S. Department of Health and Human Services’ Office on Women’s Health (OWH). WOMAN Challenge is a part of the OWH year-long WOMAN Activity Tracker program and its launch will kick off the 10th annual National Women’s Health Week (May 10-16, 2009). The WOMAN Challenge encourages women to get at least 2 hours and 30 minutes of moderate-intensity physical activity each week.

What is the WOMAN Challenge?

This free eight-week challenge encourages women to get at least 2 hours and 30 minutes of moderate-intensity physical activity each week and girls to get at least 1 hour of physical activity each day. WOMAN Challenge begins on Mother’s Day, May 10, and ends on July 4, 2009.

How can I register to participate?

Participants will be able to register online at <http://www.womenshealth.gov/woman>. Registration will begin on March 16, 2009.

How does the WOMAN Challenge work?

Participants will be able to go online and log their activity throughout the eight weeks, working towards three activity goals based on the amount of activity they log each week. Achievement levels include “Gold Star,” “Above and Beyond,” and “Activity Champion.” Participants will also be able to track their progress to see how they measure up against others. To help them reach their goals, participants will receive a weekly newsletter with fitness and nutrition tips.

Can I register a team to participate in the Challenge?

Yes! Being active is easier when you have support. Form a team with your mom, grandmother or daughter, or talk to your co-workers or friends about creating a team. However you choose to take part in the WOMAN Challenge, make it fun!

For information about the WOMAN Challenge, please visit <http://www.womenshealth.gov/woman>. For more information about National Women’s Health Week, please visit the National Women's Health Week web site at <http://www.womenshealth.gov/whw> or call (800)-994-9662 or TTY: (888) 220-5446.