

HealthTrip begins Thursday, Feb. 1 in the scenic locale of Aerobiquerque, New Mexico. Renowned for its beautiful landscape and its residents' commitment to healthy movement, this is the perfect place to begin your journey toward optimum health.

Each month participants will receive a brochure for a new city. These brochures are designed to serve as your travel guide, moving you through each unique city site. When visiting these sites, you will be treated to interesting anecdotes and vital information designed to provide you with the motivation necessary to build healthy habits for a lifetime. Each month's brochure highlights a different well-being topic in one of four areas: physical, nutrition, health management, or life balance. You will receive tips on topics ranging from added sugars and blood pressure to flexibility and stress.

Your objective is to collect as many "Frequent Mover Miles" as possible. The goal is 600 miles each month. These miles are earned by completing aerobic activities like brisk walking, running, swimming, taking an exercise class or playing basketball. You earn one Frequent Mover Mile for each minute of aerobic activity you complete. You may also add up to one bonus mile per day by completing that city's wellness challenge.

Record your Frequent Mover Miles in the Travel Journal. The Travel Journal is found at the bottom of each brochure. If you collect 600 miles during the month through your aerobic activity and the bonus activities, send the completed Travel Journal to Linda Feiden. You may scan and email it to linda.feiden@drake.edu or send it through campus mail. Be sure you print your name on the form. Each month one name will be randomly drawn, from those who turned in their completed journals that month, and a prize will be awarded!

Here are the due dates for each month's brochure:

<u>Month's Brochure</u>	<u>Due Date</u>
February	March 7
March	April 6
April	May 7
May	June 7
June	July 6
July	August 7
August	September 7
September	October 8
October	November 7
November	December 7
December	January 7 (2019)

Although participants will receive a new brochure monthly, you are not required to participate every month. But hopefully you will WANT to complete all of them since each brochure highlights a unique healthy lifestyle tip and the more travel journals you complete the more chances you have to win prizes!

Anyone can join HealthTrip at any time so if you know of others who might be interested please have them contact Linda Feiden. Enjoy your travels!