



Spread the Health Santa Fe  
National Women's Health Week 2010  
A Women's Health Services Initiative

**It's Your Time!**

May 9–15, 2010

[www.womenshealth.gov/whw](http://www.womenshealth.gov/whw)

## Woman Challenge Fact Sheet

### What is the Woman Challenge?

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, a program of the U.S. Department of Health and Human Services' Office on Women's Health (OWH). This year, the Woman Challenge kicks off the 11th annual National Women's Health Week (May 9-15, 2010). The Woman Challenge is a part of the OWH year-long Woman Activity Tracker program, which encourages women to get at least:

- 2 hours and 30 minutes of moderate-intensity aerobic physical activity
- or**
- 1 hour and 15 minutes of vigorous-intensity aerobic physical activity
- or**
- A combination of moderate and vigorous-intensity aerobic physical activity
- and**
- Muscle-strengthening activities on 2 or more days

You can gain even more benefits by boosting activity to 5 hours of moderate intensity or 2 hours and 30 minutes of vigorous-intensity aerobic physical activity each week.

### How do I take part in the Woman Challenge?

Getting started is easy! Register online for the Woman Activity Tracker and then take the Woman Challenge Pledge, your commitment to 8 weeks of setting and meeting personal physical activity goals. Get started at <http://www.womenshealth.gov/woman>.

### How do I stay motivated during the 8 weeks?

You'll start off the Challenge by setting weekly personal physical activity goals and entering your activity. Each week that you meet or exceed your goals, you will receive a virtual Woman Challenge Trophy. Earn 8 trophies in 8 weeks and receive a certificate of completion! You'll also receive weekly e-mail newsletters with tips on staying motivated. Need a little boost? Weekly quizzes test your knowledge of fitness and nutrition and give you extra points towards meeting your goals.

### Will I be able to see how I stack up against the competition?

Yes! Each week of the Challenge you'll be ranked among all participants. Rank in the top 10 and you'll see your name on the Woman Community Leader Board. While visiting the Woman Community, you can also voice your vote on a variety of topics as well as share your personal thoughts on how fitness and nutrition fit into your life.

### Can I join or create a team?

Yes! Being active is easier when you have support. Form a team with your mom, grandmother or daughter, co-workers or friends. Teams can even earn virtual awards and send encouraging messages to each other. Whether you want to be a team leader or a team member, being part of a team is a great way to stay motivated throughout the Woman Challenge!

For information about the Woman Challenge or the Woman Activity Tracker, please visit <http://www.womenshealth.gov/woman/woman-challenge/>. For more information about National Women's Health Week, please visit <http://www.womenshealth.gov/whw> or call 800-994-9662 or TTY: 888-220-5446.



U.S. Department of Health and Human Services  
Office on Women's Health

[womenshealth.gov](http://womenshealth.gov)  
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