

FREQUENTLY ASKED QUESTIONS

FAQ



1. What is the goal of the Governor's Challenge?

The goal of the challenge is to move the equivalent of the distance required to walk the length of Skyline Drive from Front Royal to Rockfish Gap. To make your 105 mile journey more enjoyable, CommonHealth has provided a virtual peek at the spectacular views you would see along the way!

2. How long does the Governor's Challenge last?

This is a 4 week walking/movement challenge designed to increase physical activity among state employees.

3. When does the walking challenge begin?

The challenge will begin on May 1, 2015, and end on May 29, 2015.

4. How do I register for the challenge?

Go to <http://www1.dhrm.virginia.gov/chwc/> to register for the challenge beginning April 28th (*the Internet Explorer browser is recommended*). Registration is open throughout the challenge.

5. When can I register for the challenge?

Registration will begin April 28, 2015, and will remain open for the duration of the challenge.

6. I don't have a computer at work so how do I register or track my progress?

You may still participate using one of the following methods:

- If you have a computer at home with internet access, go to the link and register using your home email address. An email address is important because you will receive updates each week.
- Ask your Agency CommonHealth Coordinator if he/she will be able to help you with registration and tracking on an available computer at your work location.
- Complete the paper copy of the tracking form and ask your Agency CommonHealth Coordinator to report it on the challenge site for you.

7. How will I track my distance?

- Determine which method you will use to track your distance. A few options are listed below.
 - Your personal activity tracker (such as a Fitbit, Jawbone or pedometer)
 - A smartphone app (such as My Fitness Pal, Map My Fitness, Lose It, Run Keeper etc.)
 - Keep track of your minutes of exercise and convert it to miles (15 min = 1 mile)
 - Use the printable tracking sheet available at <http://www.commonhealth.virginia.gov/commonhealthvirginia.htm> (Any activity from May 1 –May 4 should be recorded on May 4th)

8. Do activities other than walking count?

Yes, all movement activities may be counted. All activity must be reported as whole miles using the following conversion;
2,000 steps = 15 minutes of activity = 1 mile

9. How do I record my progress?

Once the challenge begins on May 1, 2015, log in weekly at <http://www1.dhrm.virginia.gov/chwc/> to enter the distance you completed that week. **ALL ENTRIES MUST BE MADE IN WHOLE MILES.** Each week, all registered participants will receive an email reminder to log into the challenge site to record distance completed the previous week. **Note: Add all miles for May 1, 2, 3, and 4 and enter in the box that says May 4. Enter miles into the online tracking system weekly.**

10. When and where can I walk to rack up miles?

- ***Governor McAuliffe has encouraged employees to walk during their 15-minute break. This was part of his address to agency heads at the Executive Briefing on Employee Health on April 14, 2015. Be sure to check with your supervisor.***
- Walk outside your office building, on your campus or other nearby location that is safe for walking.
- Walk at home before and/or after work.
- Walk with family, friends, neighbors, and/or the dog.
- If possible, have a walking meeting, it's a great way to brainstorm, give update, discuss future projects, etc.
- If you have a fitness class at or near your place of work, this is a great way to rack up the miles.
- Start a walking club at your workplace.
- Find opportunities for extra steps. Park further away from your destination, walk your errands, take the stairs, etc.
- When you need to talk with coworker walk to his/her workstation instead of using the phone or email.
- Walk the mall (indoor or outdoor).

11. What happens when the challenge ends on May 29th?

- Be sure to record your total miles walked by June 2nd.
- Employees who successfully complete the challenge will receive a certificate of completion and a lapel pin.
- Keep moving and enjoy the many health benefits of improved fitness!

Additional questions? Check the CommonHealth website at www.commonhealth.virginia.gov for additional information, contact your Agency CommonHealth Coordinator, or email the CommonHealth team at Wellness@dhrm.virginia.gov

