

# CONGRESSIONAL PHYSICAL ACTIVITY CHALLENGE MOVE WITH US

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Are you ready for the

## 2024 Congressional Physical Activity Challenge

**May 1 – May 31, 2024**

Sponsored by the Physical Activity Alliance (PAA) and Myzone Inc in collaboration with the Congressional Physical Activity Caucus.

### What

The Congressional Physical Activity Challenge is an annual competition involving the offices of the US Congress in a bid to achieve the highest level of physical activity.

### Who

The Challenge is open to all members of Congress & their DC- based congressional staff and interns, committee staff and leadership staff.

**\*\* New this year:** Non-DC based staff/staff based in home districts may participate if they have an Apple watch or Android wear device.

### When

The Challenge is held each May for the duration of National Physical Fitness and Sport Month.

### How to Register:

- Offices will submit their participant list to [CongressionalChallenge@Myzone.org](mailto:CongressionalChallenge@Myzone.org)
- Deadline to register is **April 1, 2024**.
- Please Indicate the number of participants that require a MZ-Switch versus the number that will use their Apple watch or Android wear device.

### How Does the Challenge Work?

- Each participant in the DC area will have the option of using an MZ-Switch [www.Myzone.org/MZ-Switch](http://www.Myzone.org/MZ-Switch) or their personal Apple watch or Android wear device. MZ-Switch devices are limited to the 1<sup>st</sup> 700 participants.
- Myzone has developed a unique measurement called “MYZONE Effort Points” (MEPs) that instead uses heart rate data to quantify physical activity based on each person’s effort. The harder you work, the more MEPs/minute you earn. This “levels the playing field” in ways that

simply steps, distance, or minutes cannot – making the challenge equitable and fair for all participants!

\*\*It is important to note that this is NOT a steps challenge! Steps challenges are not inclusive to those with physical disabilities.

- PAA & Myzone will pass out devices on **April 16, 2024**. Location TBD
- Once you receive your device, register it.
- The Challenge starts on **May 1, 2024**.
- Train anywhere and upload your workouts to the Myzone app ([www.Myzone.org](http://www.Myzone.org))
- View the leaderboard on your Myzone app. Share photos and messages about the challenge via social media.
- The Challenge ends on **May 31, 2024**.
- Myzone and PAA will collect all MZ-Switch devices from staff the first two weeks of June. MZ-Switch devices must be returned at the end of the Challenge.
- Myzone and PAA will present awards to winners the **week of June 10<sup>th</sup>**. Actual date and time are TBD.
- Winners are awarded based on 4 categories:
  - Office with the Highest Average Myzone Effort Points
  - Office with the most Total Team Myzone Effort Points
  - Office with the Most Participants to Reach CDC's Physical Activity Guidelines for Americans
  - Top Individual Point Earner

\*\* Please contact us at [CongressionalChallenge@Myzone.org](mailto:CongressionalChallenge@Myzone.org) or [moreactive@paamovewithus.org](mailto:moreactive@paamovewithus.org) with any questions.