WHAT is the GOAL? Over the four weeks of the program, improve your fitness and nutrition by adding small amounts of physical activity and gradually increasing your fruit & vegetable intake. Work toward healthier habits these four weeks to support your health throughout the semester.

The weekly goals are to track your physical activity minutes and servings of fruits and vegetables. Try to achieve the goals listed on the main page of the FIT In FOUR website.

WHEN? October 1-28. Each week will have a slightly different

HOW DO I PARTICIPATE?
1) Register for the program at: STUDENTHEALTH.UIOWA.EDU/FIT-IN-FOUR
2) Review each week’s goals.
3) Track how many minutes you exercise each week and how many fruit & vegetable servings you eat. You may use the tracking forms provided for each week or track in any way that works for you.
4) Complete the final program evaluation (which will be emailed to you during the last week of the program).

I REGISTERED, BUT I HAVEN’T RECEIVED ANY EMAILS ABOUT THE PROGRAM:
Your email may have been entered incorrectly on the registration! If you do not receive an email confirming your registration, there may be a problem with the email address entry. Contact joann-miller@uiowa.edu to check on your registration (and to correct the email address, if needed).

WHY DO THIS?
College students are living independently for the first time and starting to establish lifelong exercise and eating habits. Focusing on some healthier behaviors now can help establish habits to support both short- and long-term health. This is an easy, fun way to put some focus on healthy habits early in the semester.

Statistics show that Americans’ diets lack fruits and vegetables. At the UI, only 4.2% of students eat the recommended 5 servings of fruits and vegetables a day. Many Americans also don’t meet physical activity goals for health with less than half (49.3%) of UI students engaging in regular physical activity. Taking small steps to increase activity and fruit & vegetable intake has been shown to be more manageable for most people. We hope the habits you establish now can continue to support you throughout the semester (and beyond).
WHERE DO I TURN IN MY TRACKING FORMS?
You do NOT have to turn in the tracking forms. Simply complete the final evaluation to report your progress. The evaluation will be emailed to you during the final week of the program.

WHAT IF I CAN’T MEET THE GOALS?
We are confident everyone who tries to meet the goals will make some positive changes! We only ask that you try to make some changes and complete the registration and evaluation surveys.

WHAT IF I ALREADY MEET THESE GOALS OR ONE OF THESE GOALS? CAN I PARTICIPATE IN JUST THE NUTRITION OR JUST THE PHYSICAL ACTIVITY GOALS?
Yes, you may work toward whichever goals are appropriate for you. We only ask that you complete the survey at registration and the evaluation to report how you do. If you are meeting one of the goals when you start, we hope this program can help you maintain your health in that area - and maybe get some new ideas from the program materials.

HOW DO I GET MY PRIZE?
When you complete the evaluation, you will receive an email with instructions on picking up your prize for participating in the program.

Everyone who participates (registers for the program and completes the evaluation at the end) gets a prize to support healthier eating or fitness (cutting board, salad shaker, water bottle or ear buds). The evaluation is emailed to all registered participants the last week of the program.