



# Get Low Challenge

**Focus Area:** Physical Activity

**Objective:** The Get Low Challenge is designed to encourage employees to build strength in their quadriceps and hamstrings.

**Length of Challenge:** Four weeks

**Materials Needed:** Get Low Challenge Tracking Sheet ([Beginner](#), [Intermediate](#) or [Advanced](#))

**Directions:** Choose the appropriate tracking sheet to meet your current fitness level (beginner, intermediate or advanced). The goal of this challenge is to complete the specified number of squats and lunges each day. You can do these all at once or spread them out throughout the day. (For example, if you need to complete a total of 20, you could do 10 in the morning and 10 in the evening.) See the provided handout for "[How to Properly Perform a Squat and Lunge.](#)"

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite offices and/or with AWS employees.

## Getting Started:

1. Decide what dates your "Get Low Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will let you know they participated.
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
  - A welcome, congrats and/or thank you for participating in the challenge.
  - Dates of when the challenge will begin and end.
  - Instructions on how to participate in the "Lower Body Strength Challenge".
6. Print or attach via email the "Get Low Challenge Tracking Sheet" and distribute to all participants.
7. As the challenge comes close to an end, send out wrap-up email to participants.



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