JOIN THE *CHALLENGE!*

The *HealthierFeds Physical Activity Challenge* is a program encouraging federal employees to integrate physical activity into their daily lives. The formal *Challenge* kick-off was held on October 6, 2004. Simply visit www.healthierfeds.gov to sign up and encourage your colleagues to join with you!

Did You Join a Group?
For those who may have registered without entering a Group ID Number, we need your help. You must enter a Group ID Number and Group Member ID/Name in order for your activity to count toward your agency's standings. You can add the Group ID Number and Group Member ID/Name by completing the following steps:
1. Log-in to http://healthierfeds.presidentschallenge.org
2. Click on the "Your Groups" tab
3. Enter your Group ID Number (see bottom of newsletter for complete listing)
4. Enter Group Member ID/Name. This can be anything (example: your phone number, initials, or you can re-enter the Group ID Number). You will not be tracked via this information so it need not identify you!
5. Click "Add" and you're done!

Group Numbers:

Departments
Agriculture: 22810
Commerce: 22811
Defense: 22808
  DOD Army Corps of Engineers: 23126
Education: 22815
Energy: 22814
Health and Human Services: 22816
Homeland Security: 22817
Housing and Urban Development: 22818
Interior: 22857
  DOI Fish and Wildlife Service: 22850
  DOI Bureau of Land Management: 22851
  DOI Minerals Management Service: 22843
  DOI Office of Surface Mining: 22844
  DOI Bureau of Reclamation: 22845
  DOI National Park Service: 22846
  DOI Bureau of Indian Affairs: 22847
  DOI US Geological Survey: 22848
  DOI Office of Secretary/Other: 22849
Justice: 22812
Labor: 22813
State: 22888
Transportation: 22819
Treasury: 22820
Veteran's Affairs: 22821
  VA Cemeteries: 23053
  VA Central Office: 23051
  VA Medical Center: 23054
  VA Regional Offices: 23055

Independent Agencies/ Offices
Agency for International Development: 22830
Environmental Protection Agency: 22822
Executive Office of the President: 22827
Farm Credit Administration: 23087
General Services Administration: 22823
National Aeronautics and Space Administration: 22824
National Science Foundation: 22831
Nuclear Regulatory Commission: 22825
Office of Personnel Management:
  OPM HCLMSA: 22841
  OPM HRPS: 22838
  OPM MCFO: 22842
  OPM SHRP: 22839
Pension Benefits Guaranty Corporation: 22886
Securities and Exchange Commission: 22885
Small Business Administration: 22832
Smithsonian: 22829
Social Security Administration: 22826

Benefits of Physical Activity

More Energy
The more active you are, the better you feel. Don't believe it? Take a 10 minute walk this afternoon instead of reaching for that extra cup of coffee.

Enhanced Mental Alertness
Physical activity may enhance memory, reaction times and concentration by stimulating the growth of new brain cells.

Less Stress and Anxiety
Most people report being calm and relaxed for one to two hours following a fast walk. Hormones and chemicals that build up during high-stress periods decrease when you're active.

Better Sleep
Researchers find that those who are regularly active fall asleep more quickly, sleep more soundly and are more refreshed in the morning.

Better Heart Health
Physical activity can help lower total cholesterol in the bloodstream and raise high-density lipoprotein (HDL), "good cholesterol," which lowers your risks for heart disease.

Improved Self-Image and Better Outlook
Regular physical activity heightens your sense of well-being, self-esteem and personal value. A daily dose of activity can lift your mood and ward off depression.

Slower Aging Process
Both cardiovascular fitness and muscle tone decline at a much slower rate in people who engage in regular physical activity.

Weight Control
Physical activity burns calories. The greater your activity level, the greater your ability to maintain a healthy weight.

Decrease Cancer Risk
Some cancers – including colon and breast – develop less often in those who are regularly active.

REGISTER NOW THROUGH OCTOBER 15 TO BE INCLUDED IN YOUR AGENCY'S TOTAL

Challenge Q & A

Q: How long does the *Challenge* last?
A: The Challenge officially began on October 4 and ends on November 26. So, you have eight weeks to complete 30 days, or six weeks, of activity. However, we don't want you to stop there. We encourage you to continue to track your activity and to keep moving long after the program is over. You may even want to challenge yourself to become a Presidential Champion—the next program of the President's Challenge.

Q: How do I participate?
A: Visit www.healthierfeds.gov and complete the simple registration. Don't forget to enter your Group information by clicking on "Find Your Group."

Q: How can my agency win?
A: During registration each participant is asked to join a group, which in this case is your agency. Although we cannot see individual results, we can pull an agency's cumulative results. At the end of the program, we will determine which agency's employees are the most active.

More questions?
Contact healthierfeds@osophs.dhhs.gov

Fueling Your Activity

Pancakes for Dinner

1. Prepare low-fat or whole grain pancake batter according to package directions.
2. Add 1/4 cup wheat germ and 1/4 cup ground flax seed to the batter
3. Add additional milk to desired consistency
4. Add 1-2 sliced apples coated with cinnamon and sugar and 1/4 cup chopped walnuts.
5. Cook with low-fat cooking spray.
6. Top with applesauce or syrup.
7. Serve with skim milk.
8. Stroll around the block after dinner with the extra time you saved cooking this quick meal!

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