



FREQUENTLY ASKED QUESTIONS

WHAT is the GOAL? Over the four weeks of the program, improve your health by making some changes in behaviors linked to positive mental and physical health. These include trying some self-care activities, increasing physical activity with a focus on movement that is enjoyable and/or gradually increasing your fruit & vegetable intake. Over these four weeks challenge yourself to explore some new activities to support your health throughout the semester – we hope you can find a balance of a few new habits to incorporate into your lifestyle.

Each week try to choose 2 goal areas to focus on (self-care, fruits & vegetables, or physical activity) and try to do the suggested activities on at least 4 days. The weekly goals are listed on the main page of the **FIT In FOUR** website; tips for doing the goals are on the weekly tip sheets. **You may choose the goals and activities based on your personal preference** – what is easiest for you, what will challenge you, what you enjoy most, or what will bring you the most benefit.

WHEN? Monday, September 28 through Sunday, October 25. Each week will have slightly different goals for you to choose from.

HOW DO I PARTICIPATE?

- 1) Register for the program at: [Fit in Four Registration](#)
- 2) After you register, you will be added to the Fit in Four course on ICON (non-graded/non-credit program).
- 3) Review each week's goals and activities and choose those you plan to do.
- 4) Track how many times you do one of the activities each week. You may use the tracking form provided by printing it, filling it in online, or use the tracking option on ICON.
- 5) Complete the final program evaluation (which will be emailed to you and posted on ICON 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, contact joann-miller@uiowa.edu to check on your registration (and to correct the email address, if needed).

WHY DO THIS?

1. College students are living independently for the first time and starting to establish lifelong health behaviors. Focusing on 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.
2. Mental health can be affected by the transition to college. Learning some skills to support positive mental health can improve your lifelong mental well-being.
3. Covid-19 has brought significant changes to our lives for both physical and mental health. This program can support actions to counter some of the negative impacts and improve your overall well-being.
4. Statistics show that Americans' diets lack fruits and vegetables. At the UI, only 4.3% 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 just over half (53.9%) 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 you establish habits now that can 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 or on ICON 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 ONE GOAL?

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 message 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 habits (such as a cutting board, salad shaker, water bottle or ear buds). During the last week of the program the evaluation is emailed and posted on ICON for all registered participants.