

- **Kickoff: Saturday, October 2<sup>nd</sup> at 10am – Footsteps and Football Walk to Finley** Join us to support the American Heart Association and the Mocs Football Team. Meet us at Chamberlain Field for a walk to Finley Stadium. All participants will be entered into a raffle drawing for a UTC Football Fitness Basket. Join the UTC Heart Walk team and fundraise for the American Heart Association. Every \$50 you raise earns you two additional tickets for the raffle! Join the UTC Heart Walk Team here: <https://bndfr.com/QRnfx>
- **Wednesday, October 6<sup>th</sup> at 6:45pm– Sunset Yoga on Chamberlain Field** Join us on Chamberlain Field to melt away your mid-week stress. This free class is open to all members of the UTC Community – just bring your own mat or towel and join us at sunset!
- **Week of October 11<sup>th</sup>- 17<sup>th</sup>- #MocsMove: Social Media Challenge** Submit a photo documenting either your total step count for a day or a specific workout. Submissions can include a photo of the step count from a watch, your route from a tracking app, or a photo of you completing the activity. Enter by posting your photo on Facebook or Instagram and tagging @UTC\_HHP (Instagram/Facebook) and #MocsMove. Two randomly selected winners will receive a free InBody body composition test at the ARC.
- **Week of October 18<sup>th</sup>– 24<sup>th</sup>: #UnplugUnwind Social Media Challenge** Submit a photo of you completing a screen-free activity - hiking, biking, walking, reading, a meal with friends, and more. Enter by posting your photo on Facebook or Instagram and tagging @UTC\_HHP (Instagram/Facebook) and #UnplugUnwind. One randomly selected winner will receive a UTC Outdoor Rental \$20 Gift Certificate
- **Thursday October 21, 9am-12pm, White Oak Bike Co-op Pop Up Shop at Metro** Fall is the best season for riding your bike in Chattanooga. Do not miss out because your bike is in need of repair! White Oak Bicycle Cooperative's volunteers will be on campus to perform basic maintenance to get your bike running again.
- **Week of October 25<sup>th</sup>– 31<sup>st</sup>: #ActiveAtTheARC Social Media Challenge** Submit a photo of you exercising at the ARC – lifting weights, rock climbing, playing basketball, taking a class, using the elliptical and more! Enter by posting your photo on Facebook or Instagram and tagging @UTC\_HHP (Instagram/Facebook) and ActiveAtTheARC. One randomly selected winner will receive a UTC Swag Bag
- **Wednesday October 27<sup>th</sup> at 9pm: Monster Mash Zumba event at the ARC** Dancing and Halloween all in one! Come dressed in your favorite fun costume and ready to dance!
- **Thursday October 28<sup>th</sup> 1-4pm: Field Day on Chamberlain** Join us on Chamberlain Field for Cornhole, Spike Ball, Ladder Golf and More! Take a break from studying. Play a game with friends or make some new ones while getting some physical activity!
- **All Month Long: EIM-OC Bingo** Fill in spots on your bingo card by completing activity challenges such as taking a walk on the Riverwalk or doing Lunges by the Library! Submit your completed bingo card to [EIM@utc.edu](mailto:EIM@utc.edu) along with a list of the actual activities that you completed. You will receive one raffle entry for each Bingo and five extra entries for a full Blackout card! One winner will be drawn to win an Apple Watch!
- **All Month Long: Monday Miles** Start your week off on the right foot with a run with some friends. We will meet at 7am outside the Metro Building every Monday this month (except during Fall Break). Runs will range from 1-3 miles. All abilities welcome!