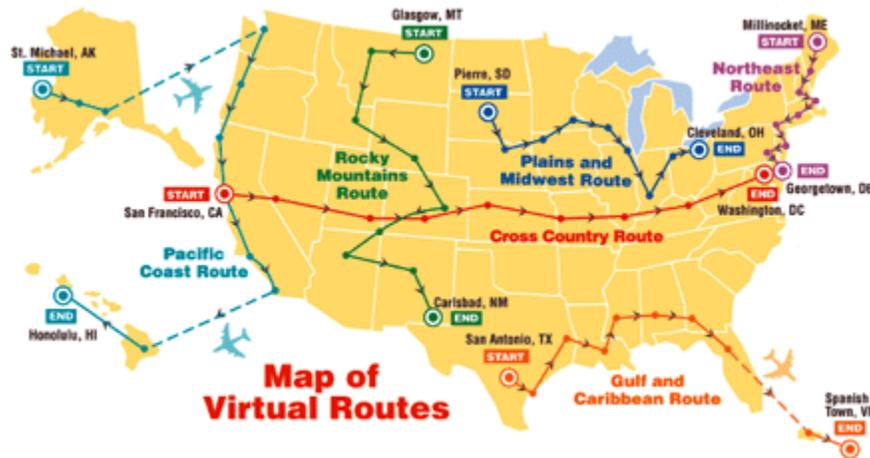


WOMAN Activity Tracker Factsheet



The WOMAN Activity Tracker is a program to help you be physically active all year long! WOMAN stands for **Women and girls Out Moving Across the Nation**. Using the WOMAN Activity Tracker web site, you can set personal goals and log your daily activity as you move along one of six virtual routes across the United States. You can take part in the program both as an individual and as part of a team.

The WOMAN Activity Tracker is a free program of the U.S. Department of Health and Human Services' Office on Women's Health. The program encourages women and girls to walk 10,000 steps or get 30 minutes of moderate physical activity every day over a 44-week period. All women and girls (ages 9 and up) are welcome to take part in the program.

How can I register to take part in the WOMAN Activity Tracker?

Participants can register online at <http://www.womenshealth.gov/activity/register.cfm>.

Women who took part in the 2008 WOMAN Challenge can use their login information from the WOMAN Challenge to log into the WOMAN Activity Tracker.

Is the WOMAN Activity Tracker the same as the WOMAN Challenge?

No, the WOMAN Challenge is an annual, 8-week program that begins on Mother's Day and also kicks off National Women's Health Week. This year, the WOMAN Challenge ends on July 5. The WOMAN Activity Tracker is a 44-week program that allows women and girls to keep track of their daily activities throughout the rest of the year. This year, the WOMAN Activity Tracker starts on July 6. Both the WOMAN Challenge and the WOMAN Activity Tracker are programs to promote daily physical activity.

Why should I be physically active?

An active lifestyle helps you manage your body weight and prevent gradual weight gain. Also, it may help prevent heart disease, breast and colon cancer, stroke, type 2 diabetes, and osteoporosis.

For questions or comments, please contact womanchallenge@hhs.gov