

Warning: Check with your healthcare provider before starting a new exercise program or making lifestyle changes.

Activity	Points
1: Special Event: Attend (Livestream or in-person) 1 hr Jazzercise class (30 min cardio & 30 min stretch) 06/24/2023 1 p.m. EST	3000 points
AE: Email Jamie DuMont, jmdumont@iffgd.org, with something that you learned from an IFFGD video or IFFGD publication	1000 points
AE: Raise awareness about GI health (talking to others about GI disorders, sharing your illness journey story, posting about GI health on social media, etc.)	3000 points
AE: Read an IFFGD publication from IFFGD publication library (https://iffgd.org/resources/publication-library/)	250 points per publication page
AE: Send a letter to your congressional representative to promote awareness of GI disorders	3000 points
AE: Subscribe to IFFGD's monthly eNewsletter, Digestive Health Matters (<i>Sign Up for eNewsletter</i> on IFFGD.org page)	500 points
AE: Visit IFFGD's websites and explore content (15 minute increments) iffgd.org , aboutconstipation.org , aboutgastroparesis.org , aboutGERD.org , aboutibs.org , aboutincontience.org , aboutgimotility.org , aboutkidsgi.org , youandconstipation.org	2500 points (per 15 minute increment)
AE: Visit patient stories (https://iffgd.org/personal-stories/) & read about patients in the GI community	500 points per story read
AE: Watch a video on IFFGD's YouTube channel (15 minute increments)	1000 points (per 15 minute increment)
EP: Ask your healthcare provider to join or support the event	750 per ask
EP: Attend Livestream Jazzercise class (https://myfitpro.com/jazzercise-mt-pleasant) schedule at https://bit.ly/2JcdQyE	750 points per class
EP: Did you participate in the 2021 or 2022 event? Here is a thank you!	300 points
GW: Donate clothing, food or money to a non-profit	2500 points
GW: Donate time to a non-profit (30 minute increments)	3000 points (per 30 minute increment)
SM: Follow an IFFGD Social Media Platform (new follower) @IFFGD on Twitter and Facebook, IFFGD on YouTube, and @DigestiveHealthMatters on Instagram	500 points (per social channel)
SM: Like an IFFGD Social Media post or YouTube Video	50 points (per like)
SM: Loyal IFFGD Social Media follower (existing follower)	600 points (per social channel)
SM: Post on social about your participation in the event include #Moves4GIhealth23	1000 points
SM: Share an IFFGD Social Media post or YouTube video	1500 points (per post or video shared)
SM: Share your 2023 event fundraising page on your social platforms	2000 points(per platform)
W: Check in on a friend, co-worker, neighbor, or family member (Phone call, text, or meet for a coffee\meal!)	750 points
W: Diary\Log: Log food, fluid intake, and illness symptoms to share with HCP	100 points per item
W: Get Acupuncture or a massage	300 points
W: Increase your physical activity by 5 minutes over the previous day	500 points
W: Listen to music, podcast, or audiobook (20 minute increments)	800 points (per 20 minute increment)
W: Meditate or do a breathing or relaxation technique (10 minute increments)	750 points (per 10 minute increment)
W: Pet an animal to help you relax and decompress (5 minute increment)	500 points (per 5 minute increment)
W: Play a game with friends, family, or co-workers (online or in person)	500 points per game
W: Relaxation: Read, Hobby time (knitting, crafting, etc.), Journaling, Puzzles (20 minute increments)	800 points (per 20 minute increment)
W: Schedule a healthcare provider appointment (any type including an appointment for a wellness screening)	2000 points (per appointment)
W: Scheduling a colonoscopy or work with a healthcare provider on an at-home colon cancer screening option	6000 points
W: Sleep 8 hours in a day (Points awarded per day of the event)	200 points (per day)
W: Try a new gut healthy recipe (food or smoothie)	725 points (per recipe)