

Moving with the PAC

A Year-Long Challenge to Keep You Active and Moving!



Getting Started

Welcome to the **Moving with the PAC Challenge**. This year-long challenge is designed to empower you to increase daily movement, reinforce the importance of physical activity, and raise awareness for Parkinson's disease. Whether you're walking outside, attending a class, or doing indoor exercises at home, every step counts toward your health and our community's mission! [Click here](#) to access our Moving with the PAC Challenge webpage.

How the Challenge Works

1. **Set Your Monthly Movement Goals** – At the beginning of each month, choose a goal that feels right for you. This can be adjusted at any time. Examples include:
 - Walking 3,000–5,000 steps per day
 - Moving your body on 20 out of 30 days this month
 - Adding a short walk or stretch to your daily routine
 - Exercising for 2.5 hours per week
2. **Track and Log Your Activity** – Track your movement in a way that works best for you, whether using a pedometer, smartphone, smartwatch, or our the downloadable Monthly Step Tracker or Monthly Movement Tracker provided in this packet. Each month, record your activity, check off the days you moved, and review your progress. The Trackers are for your personal motivation, and there's no "right" or "wrong" amount of movement.
3. **Share & Celebrate Your Progress** – Your movement matters, and we want to celebrate every step with you! Throughout the **#MovingwiththePAC** challenge, we invite you to share your journey and connect with our community.
 - Here are some ways you can share your progress:
 - Follow PAC on [Facebook](#) or [Instagram](#) to stay inspired and see how others are moving
 - Share photos or short videos of your movement activities by posting them on Facebook or Instagram. Let us know that you posted by tagging PAC in your post.
 - **Facebook:** In your post, mention PAC by typing **@ParkinsonAssociation**. This lets us know that you mentioned us on Facebook.
 - **Instagram:** In your post, mention PAC by typing **@ParkinsonsCarolinas**. This lets us know you mentioned us on Instagram.
 - Use the hashtag **#MovingwiththePAC** to help us celebrate your progress and raise awareness for Parkinson's disease. Learn how to use hashtags on [Facebook](#) and [Instagram](#).
 - Share your completed your monthly goals on Facebook or Instagram by downloading and posting a digital achievement graphic. Visit our [Moving with the PAC webpage](#) to download the digital achievement graphics.

Sharing is always optional, but participants may find it motivating to see familiar faces, encouraging messages, and shared successes. Whether it's a long walk or a few minutes of movement, your progress helps inspire others and strengthens our Parkinson's community.

Milestones and Motivation

Goal #1: _____

Goal #2: _____

How to get there	Milestones	Rewards

Weekly Movement Checklist

Movement Type	Activity Examples	Frequency	Progress
Walking & Cardio	Outdoor walking, treadmill, indoor walking, seated marching		
Balance & Stability	Heel-to-toe walk, weight shifting, standing on one foot (with support), Tai Chi		
Strength & Resistance	Sit-to-stand, light weights, resistance bands, wall push-ups		
Stretching & Flexibility	Gentle stretching, yoga, neck & shoulder stretches		
Mind-Body & Relaxation	Yoga, breathing exercises, meditation, mindfulness		
Functional & Daily Movement	Chores, gardening, errands, moving during TV breaks		

Additional Resources

PAC Movement Classes	PAC Blog: Exercise Benefits
Importance of Daily Movement Download	PAC Youtube Channel

Moving with the PAC Step Tracker

[illegible]

Moving with the PAC Movement Tracker

[illegible]

Moving with the PAC

How to Download and Share Your Moving with the PAC Challenge Achievement Badges



Congratulations on completing a milestone in the Moving with the PAC Challenge! You can celebrate your accomplishment by downloading your Achievement Badge from our [Moving with the PAC Challenge webpage](#) and sharing it on Facebook or Instagram. Follow these simple steps:

Step 1: Download Your Achievement Badges

1. [Click this link](#) to open the Moving with the PAC Challenge webpage.
2. On the page, you'll find a link to download a ZIP file containing all of the achievement badge graphics. *"Click here to access our Moving with the PAC Challenge resources".*
3. Click on the "Click here" hyperlink to download the ZIP file. The ZIP file will save to your computer or device.
4. You can usually find it in your Downloads folder.
5. Once downloaded, open (or double-click) the ZIP file to view the individual badge images. From there, choose the badge you'd like to share and download it to your device.

Tip: On a phone or tablet, tap the ZIP file after downloading to open it. Your device will automatically show the images inside.

Step 2: Post Your Badge to Facebook

1. Open [Facebook](#) and log in.
2. Go to your profile or home page. Click on "What's on your mind?" or "Create Post."
3. Click the Photo/Video button.
4. Find the badge image in your Downloads folder or camera roll and select it.
5. Add a message if you like, for example:
 - *"I completed my monthly goal in the Moving with the PAC Challenge! #MovingwiththePAC"*
6. Click Post to share your achievement with your friends and the PAC community.

Tip: You can also tag @ParkinsonAssociation and use the hashtag #MovingwiththePAC so PAC can see and celebrate your accomplishment!

Step 3: Post Your Badge to Instagram

1. Open the Instagram app on your phone and log in.
2. Tap the "+" icon at the bottom of the screen.
3. Choose Post, then select the badge image from your camera roll or photo library.
4. Tap Next and add a caption, for example:
 - *"I completed my monthly goal in the Moving with the PAC Challenge! #MovingwiththePAC @ParkinsonsCarolinas"*
5. Tap Share to post your badge to Instagram.

Tip: You can also tag @ParkinsonsCarolinas and use the hashtag #MovingwiththePAC so PAC can see and celebrate your accomplishment!

Need Help?

If you have trouble downloading or posting your badge, you can:

- Call the PAC office at 980-245-2786
- Email us at pac@parkinsonassociation.org
- Ask a family member or friend to assist you

Moving with the PAC

What Is a Hashtag and How to Use It



Hashtags are a way to group posts together on social media so people can find them more easily. They are words or phrases with the # symbol in front, like **#MovingwiththePAC**. Using a hashtag helps your post be seen by others who are following the same topic or event.

Think of a hashtag like a label or a category for your post. It tells social media what your post is about.

Why Use Hashtags?

- Connect with others: People following the hashtag can see your post.
- Celebrate achievements: Sharing your **#MovingwiththePAC** badge helps others see your progress.
- Raise awareness: The more posts with the hashtag, the more people learn about Parkinson's and the challenge.

How to Use a Hashtag on Facebook

1. When creating a post, type the # symbol followed by the word or phrase with no spaces. Example: **#MovingwiththePAC**
2. You can add more than one hashtag in the same post, but 1–3 is usually enough.
3. Post your message as usual. Your friends and other people following the hashtag will be able to see your post.

Example Facebook post:

"I completed my monthly goal in the Moving with the PAC Challenge! #MovingwiththePAC #PACWalks"

How to Use a Hashtag on Instagram

1. When writing a caption for a photo or video, type the # symbol followed by the word or phrase with no spaces. Example: **#MovingwiththePAC**
2. Instagram users often include several hashtags in a post (up to 10–15 is fine), but you can start with just 1–3.
3. Tap Share. Your photo and caption will be grouped with other posts using the same hashtag.

Example Instagram caption:

"I finished my February movement goal in the #MovingwiththePAC Challenge! @ParkinsonsCarolinas #PACWalks #ParkinsonsAwareness"

Tips for Hashtags

- Do not use spaces or punctuation within a hashtag.
- Capitalize the first letter of each word for easier reading. Example: **#MovingWithThePAC**
- You can use the same hashtags every month to share your achievements.

Hashtags are a simple way to celebrate your progress, connect with others, and spread awareness about Parkinson's and the Moving with the PAC Challenge.