

# FIT CHALLENGE 2014



## How to Register

- 1) Sign up at the Fitness Desk, beginning Monday, January 20<sup>th</sup>. You may sign up at any time during the challenge.
- 2) Pick up your challenge information pamphlet and calendar of activities when you register.
- 3) Pick up your Level I bracelet any time beginning, Monday, January 27<sup>th</sup>. Wear it proudly, it shows others U ARE IN! the Challenge. Make sure to give us your personal goals for the challenge.
- 4) Your name will be added to the Fitness Challenge Board once you register. You record your points every time you work out!

## How it Works...

- The challenge is a 12 week program. Participation of the program is entirely up to you!
- You may earn a maximum of 6 points per week.
- If you earn 16 points each month, you will power up your Level I bracelet to a Level II (new color), work hard throughout the challenge to collect all three bracelet levels, one for each month!

Workouts must fall under one of three categories to count towards earning points. You are allowed to do up to each type of activity listed below, twice a week. Each activity counts as 1 point. Record your points on the Fitness Challenge Board in the Fitness Center.

### Workout Categories:

- **Own workout**-whatever you like for 60 minutes, each 60 min. workout is worth 1 point each.
- **Fit Club Class**-Any Fit Club class listed on the Fit Club Calendar, take up to 2 classes maximum for 1 point each.
- **Power Up Workout**- mini workout classes will be offered Tuesdays-8am, Wednesdays-5:15pm & Thursdays 12:15pm. Please see activity calendar for schedule and class topics. All Power Up workouts are 30-40 minutes in length and based on goal topics submitted by you! Each Class is worth 1 point each.

## Prizes

### Weekly Prizes

Prizes are awarded each week. To be eligible for weekly drawings, you must have earned a minimum of 4 points for that week's drawing. Weeks are calculated Monday through Sunday. Each weekly drawing and prize will be handed out the following Monday.

### Monthly Grand Prizes

There are 6 Fit Bit Bracelet Grand Prizes to be awarded monthly, one for a Student, one for a Faculty/Staff member. To be eligible for the Fit Bit Bracelet Grand Prize you must have earned a minimum of 16 points for each month's drawing.



Fit Bit Flex Bracelet

During the day, it tracks steps, distance, and calories burned. At night, it tracks your sleep quality and wakes you silently in the morning. Just check out the lights to see how you stack up against your personal goal.