

## Welcome to the Southern On the Move Fitness Challenge!

Just a reminder that the challenge begins TODAY 2/4/10!

The challenge runs 6 weeks and will end on 3/17/10.

### HOW TO EARN POINTS

- Each minute of exercise you do equals 1 point.
- Exercise can be done anywhere- at the Fitness Center, intramurals/club sport games, field house, at another gym, in your home (visit [www.sparkpeople.com](http://www.sparkpeople.com) for some good free 10-15 minute workout videos from Pilates to interval training).
- See below to see how to earn BONUS points.

### HOW TO TRACK POINTS

- Total the number of points for each exercise session (walking, running, lifting, stretching etc.)
- Write the type of exercise you did & the number of points (minutes) for that session (i.e. 30 walk, 45 stretch, 50 weights on your tracking sheet [CLICK HERE to print](#)).
- OR If you are afraid you'll lose your tracking sheet, join [www.411fit.com](http://www.411fit.com) for FREE and log your exercise online and transfer your points to your tracking sheet at the end of the 6 weeks to turn in for credit.

### COMPLETING THE CHALLENGE:

**ALL LOGS must be turned in on or before 3.22.10 by 4:30pm** to the Fitness Center (2<sup>nd</sup> Floor, Adanti Student Center), the Wellness Center (inside Granoff Health Services) or to Aimee Bonn (Wintergreen, Human Resources) to be eligible for prizes.

- You will earn 15 points just for turning in your completed log on time!
- Each participant who reaches his/her point goal and turns in their log on time will receive a challenge t-shirt! We ask only that you are honest in your tracking. This is the honor system- if you are untruthful or 'stretch' the truth about the exercise you have completed you are only cheating yourself out of the benefits of better health & improved fitness!

### BONUS POINTS

Here is a list of opportunities to earn bonus points to help you reach your goal.

*If you want the bonus points for attending an event or walk you MUST see the Southern On the Move team member to register for the points!*

Check [www.southernct.edu/onthemove/challenge](http://www.southernct.edu/onthemove/challenge) for more opportunities to come!

- 5 pts for logging 1 day nutrition (earn points 1 time only). [CLICK HERE for form](#).
- 10 pts for attending a group walk/workout (every Thursday at 12:30pm in the Moore Field House)
- 10 pts for attending approved health lectures/workshops
  - 2/23 Story Of Survival, 1pm Adanti Student Center Theater
  - 2/23 Cardio Kickboxing Fundraiser for AHA (\$1-\$5 donation) 5pm, Fitness Center
  - 2/24 Heart Health Fair & Wear Red Day, Adanti Student Center 11:30am-2pm
- 5 pts for completing an at home workout (earn points 1 time only)
- 5 pts for completing questionnaire (we'll email it to you)
- 15 pts for turning in completed log on time

Southern on the Move Team: Fitness Center – Health & Wellness Center – Human Resources – Co sponsored by SAFAC