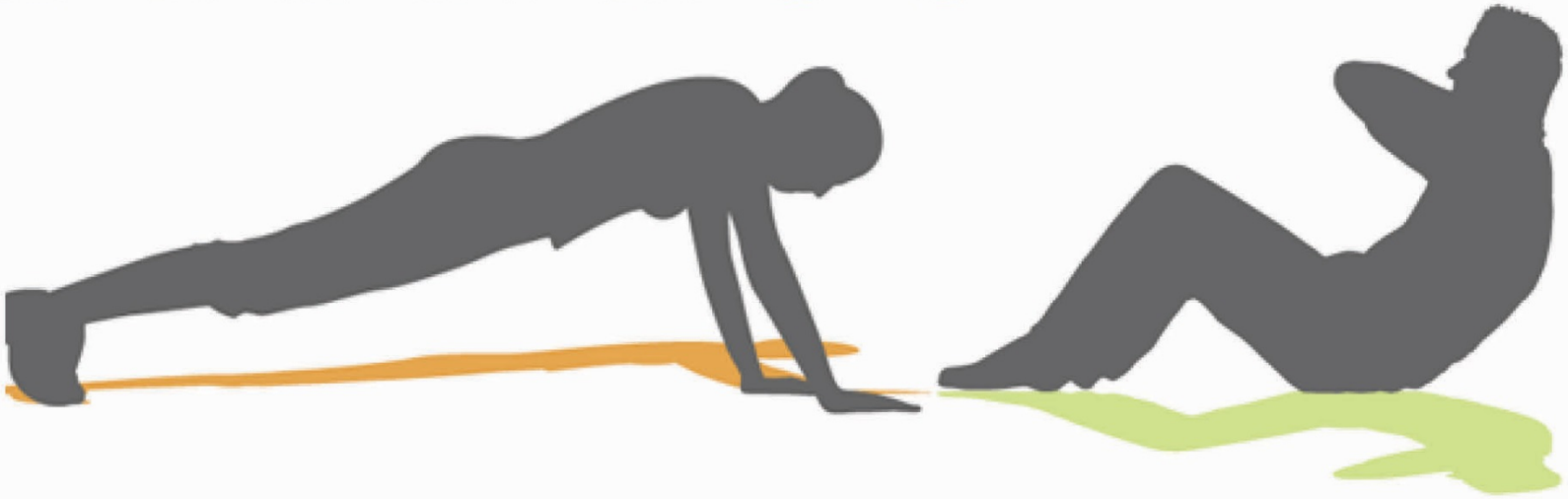
# 2016 FITNESS



# CHALLENGE VII

NEW YEAR. NEW YOU. GET FIT.

# Fitness Challenge VII
# Basic Guidelines

- Organization
  - Teams of 3 – 5 people
  - Each team selects a Captain who reports points
- Point Guidelines
  - Earning Points
    - One point is awarded for every 15 minutes of physical activity.
    - POWER points are available for attending special fitness sessions or for incentive days. Refer to the calendar of events for the schedule of fitness sessions and check your email throughout the challenge for information on incentive days.
  - Reporting Points
    - Team members must report scores to team captain on the Sunday concluding a week (February 7, 14, 21, 28, and March 6).
    - Team captain must submit scores via email to sarah.williams@ung.edu every Monday by 12:00 PM (February 8, 15, 22, 29, and March 7).
    - All participants are required to track their individual points for the 5 week program in an honest manner. Please see the Core Values.

**On Your Mark.**
**Get Set.**
**GET FIT!**

# Core Values

**Courage** – demonstrating the individual and institutional character required to translate thought into action under adverse or challenging conditions

**Integrity** – cultivating in ourselves and in others the willingness and steadfastness to act honestly and ethically

**Loyalty** – being faithful to the mission of the university

**Respect** – acknowledging the dignity and worth of all beings and preserving the richness of our cultures and ecology

**Service** – giving of oneself to enhance the life and richness of the university and all of its members, as well as the larger community

**Truth** – searching for and honoring truth as it relates to academics, individuals, self, and society

**Wisdom** – making sound decisions in complex or ambiguous situations based on accumulated knowledge and experiences

**Core Values apply to all student activities**

# Fitness Challenge VII – Calendar of Events

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | 1<br>Opening Ceremony<br>12:00 PM Young 202<br><br>2 POIWER points | 2<br>Teaching Tuesday – Circuit Training<br>12:00 in Rec Center Group Exercise Room<br>3 POWER points | 3<br>Wise Wednesday<br>**Goal Setting**<br>12:00 & 5:30 in Young 112<br>3 POWER points | 4<br>Healthy Heart Month Blood Pressure Check – Rec Center<br>12:00 PM & 5:30 PM – 1 POWER point | 5<br>Fitness Friday<br>2 POWER points | **6** |
| **7**<br>**Points due to Team Captains** | 8<br><br>Team Captains: team's points due to Sarah by **NOON**! | 9<br>Teaching Tuesday – Full Body Using Dumbbells<br>12:00 in Rec Center Group Exercise Room<br>3 POWER points | 10<br>Wise Wednesday<br>**How to Build Your Own Exercise Program**<br>12;00 & 5:30 in Young 112<br>3 POWER points | 11<br>Healthy Heart Month Blood Pressure Check – Rec Center<br>12:00 PM & 5:30 PM – 1 POWER point | 12<br>Fitness Friday<br>2 POWER points | **13** |
| **14**<br>**Points due to Team Captains** | 15<br>Team Captains: team's points due to Sarah by **NOON**! | 16<br>Teaching Tuesday - HIIT<br>12:00 in Rec Center Group Exercise Room<br>3 POWER points | 17<br>Wise Wednesday<br>**Healthy Eating 101**<br>12;00 & 5:30 in Young 112<br>3 POWER points | 18<br>Healthy Heart Month Blood Pressure Check – Rec Center<br>12:00 PM & 5:30 PM – 1 POWER point | 19<br>Fitness Friday<br>2 POWER points | **20** |
| **21**<br>**Points due to Team Captains** | 22<br>Team Captains: team's points due to Sarah by **NOON**! | 23<br>Teaching Tuesday – Workout With Props<br>12:00 in Rec Center Group Exercise Room<br>3 POWER points | 24<br>Wise Wednesday<br>**How to Be Successful On Your Own**<br>12;00 & 5:30 in Young 112<br>3 POWER points | 25<br>Healthy Heart Month Blood Pressure Check – Rec Center<br>12:00 PM & 5:30 PM – 1 POWER point | 26<br>Fitness Friday<br>2 POWER points | **27** |
| **28**<br>**Points due to Team Captains** | 29<br>Team Captains: team's points due to Sarah by **NOON**! | 1<br>Teaching Tuesday – Yoga for Strength<br>12:00 in Rec Center Group Exercise Room<br>3 POWER points | 2<br>Wise Wednesday<br>**Body Image**<br>12;00 & 5:30 in Young 112<br>3 POWER points | 3 | 4<br>Fitness Friday<br>2 POWER points | **5** |
| **6**<br>**Points due to Team Captains (Last day to earn points!)** | 7<br>Team Captains: team's points due to Sarah by **NOON**! | | | | | |

# Teaching Tuesdays

- Circuit Training - This class involves moving from station to station for timed rounds with short rests in between each round. Stations will consist of a mix between cardio and strength training exercises.

- Full Body using Dumbbells - This class is a strength and sculpting class. Move through various exercises for every muscle group with dumbbells!

- HIIT (High Intensity Interval Training) - This class is a cardio and fat burning class. Work in short bouts of hard work and rest to achieve results quickly! This class will not use any equipment and therefore can be done anywhere!

- Workout with Props - This class will utilize all of the strange looking equipment in the gym (Bosu balls, stability balls, bands, body bars). Switch it up and learn how to target muscle groups slightly different than usual by using various equipment.

- Yoga for Strength - This Yoga class will specifically work on strengthening and toning the body. Yoga for Strength will have quicker and more challenging Yoga sequences that will build heat and stamina. This class can be easily modified to accommodate all experience levels.

# Fitness Challenge VII – Point Tracker

**Name:** _____ **Team:** _____ **(circle one)** **Employee** **Student**

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total |
|---|---|---|---|---|---|---|---|---|
| **#1**<br>**Feb 1-7** | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | |
| **#2**<br>**Feb 8-14** | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | |
| **#3**<br>**Feb 15-21** | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | |
| **#4**<br>**Feb 22-28** | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | |
| **#5**<br>**Feb 29-Mar 6** | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | PA = ___<br>Pp = ___<br>Total = ___ | |

PA = Physical Activity: Each participant can earn up to 3 points per day for physical activity. One point is awarded for every 15 minutes of physical activity. Pp = POWER points: POWER points are available for attending Wise Wednesday presentations or for incentive days. Please check your calendar or email for more information.

# Team Captain Point Tracker

| Week | Team Captain | Member #2 | Member #3 | Member #4 | Member #5 | Total: Due each Monday by Noon! |
|---|---|---|---|---|---|---|
| Feb 1-7 | | | | | | |
| Feb 8-14 | | | | | | |
| Feb 15-21 | | | | | | |
| Feb 22-28 | | | | | | |
| Feb 29-Mar 6 | | | | | | |

# Fitness Challenge VII
# Exercise & Nutrition Tips

- Exercise Tips:
  - Break your exercise session up into fifteen minute sessions if you're a beginner.
  - Incorporate an activity you enjoy into every exercise session.
  - Use your exercise buddy if you're worried about motivation.
  - Swimming is a great low-impact workout for your entire body – And using the pool is FREE!
- Nutrition Tips:
  - Drink plenty of water! There are many benefits that come from staying well hydrated. Just a few are:
    - It gives you more energy
    - Keeps you full
    - Makes your skin healthier
    - Plus, it is calorie free!
  - Don't skip meals, especially breakfast. Skipping a meal slows down your metabolism and the resulting hunger may cause one to overeat.
  - Bring your lunch instead of buying it. You'll make healthier choices and save money!

**Don't forget to have fun!**