

## **2008 Huntingdon County Fitness Challenge**

### Guidelines

We are competing against J.C. Blair, Mutual Benefit Group and Mead this year!

1. Sign up beginning April through July 2008, by signing the 2008 Huntingdon County Fitness Challenge Agreement form available on the HR Wellness web site, and turning it in to the Office of Human Resources. If you are unable to find the form, contact a member of the Wellness Committee and we will get you one.
2. Each month complete the activity log to keep an honest and accurate track of your minutes of activity. All aerobic activity will be included this year, and a conversion is available within the log to give credit for higher intensity workouts. Return your activity sheets to Cady Kyle in the Human Resource Office by June 5<sup>th</sup>, July 7<sup>th</sup>, August 5<sup>th</sup> and September 5<sup>th</sup> to have your minutes of activity counted in our competition total. Be sure to total the number of minutes of activity logged and include your name on the form. The committee will then tabulate and post the TOTAL minutes of Juniata College activity.
3. Incentives will be awarded to the first person to reach the following time markers: 1,500, 3,000, 6,000, and 9,000 minutes. A person can only win an incentive once, but can continue to compete for the grand prize. The grand prize will be rewarded to the individual logging the most minutes of activity throughout the challenge. When you reach any of the identified minute goals, email Cady Kyle. Keep in mind that we can only reward the FIRST person to email us.
4. You may exercise at home, at work on a break approved by your supervisor or anywhere else you choose. The fitness minutes you record will be done for the purpose of exercise and leisure **above and beyond your normal routine** (even though some of us walk a lot while we are working).
5. The kick-off walk is scheduled for Friday, May 2 at 12 noon. We will meet at the South Hall Parking lot and leave campus at 11:30 am to walk JC Blair Campus, where we will meet our competitors and join in the opening lap of a kick-off walk. The kick-off walk will not be required but would make for friendly competition and aid in finding walking partners who will keep you motivated!
6. If you find yourself having any physical difficulties or concerns while you are walking, please consult your physician before continuing the program.

This program is designed to be a fun and motivational way to get more active in your health. Any feedback on the program is appreciated.

Thank you,  
The Juniata College Wellness Committee