



"Just 4 the *HEALTH* of it!"
Kirkwood Wellness/ Recreation Challenge
January 30th thru April 29th, 2011



PLEASE RETURN TO: Kirkwood Recreation Center – Attn: Jill Williams or jill.williams@kirkwood.edu

TEAM Name: _____

Team Captain: _____

(Last) (First) (email) (t-shirt size)

Team Member #1: _____

(Last) (First) (email) (t-shirt size)

Team Member #2: _____

(Last) (First) (email) (t-shirt size)

Team Member #3: _____

(Last) (First) (email) (t-shirt size)

Team Member #4: _____

(Last) (First) (email) (t-shirt size)

"Just 4 the *HEALTH* of it!" is a 13 week program designed to help you stay interested and involved in a regular exercise program. You choose your own activities and exercise at your own pace and convenience.

TEAM FORMAT: for Kirkwood Faculty/Staff, Students & Retirees, all are encouraged to form teams (2-5 members) for the purpose of social support, to enhance the health & wellness of Kirkwood's campus as well as add a little friendly competition. Prizes will be given for the team with the highest total average miles earned.

REGISTRATION: Registration is **FREE!** "Just 4 the *HEALTH* of it!" - Entry Forms, and Weekly Logs are available at the Kirkwood Recreation Center or are available at www.kirkwood.edu/wellness ("Just 4 the *HEALTH* of it!")

Milestone and Challenge Rules: ★ Participate, earn miles and win prizes!

★ Every two weeks, there is a different challenge for participants to complete. Complete that challenge within the 2 week time period, you are entitled to send in one of your raffle tickets to be entered in the drawings. (submit to Recreation Center attn: Jill Williams)

★ If you reach all the milestones and complete all challenges listed below you may have as many as 10 raffle tickets entered in the grand prize drawing! Have FUN!

INDIVIDUAL Milestones: 50 miles = 1 raffle ticket 100 miles = water bottle & 1 raffle ticket 150 miles = 1 raffle ticket
200 miles = t-shirt & 1 raffle ticket 300 miles = 1 raffle ticket & ***registration fee waived for Kirkwood's 5k**

Bi-Weekly CHALLENGES: each team member may submit their own raffle ticket upon completion of ea. challenge *ea. must be completed within the designated dates

● 2/7-2/20...1 mile walk/run ● 2/21-3/6...drink 6, 8oz glasses of water/day for 5 consecutive days ● 3/7-3/20...No fast food for 7 consecutive days
● 3/21-4/3...attend 1 fitness class ● 4/4-4/17...1.5 mile walk/run

PRIZES! ● Individual Grand Prize Drawing – **Nook eReader** ● Team Overall Grand Prize Winners - **\$40 City Looks gift card**, 2nd place **\$25 Scheel's gift card** -1 per each eligible team member ● On **March 25th** the team with the most total average miles submitted will be treated to a bagel breakfast, and we will also draw 1 raffle ticket for an **iPod shuffle**.

WEEKLY LOG: To receive **"Just 4 the *HEALTH* of it!"** mileage credit, one weekly log should be submitted each week of the program. **The Log should include your name, week just completed, team name and total mileage for that week.** (Mileage accrued during breaks and holidays should be included on your weekly log.) Please send weekly logs to the Recreation Center attn: Jill Williams or email to jill.williams@kirkwood.edu.

RECREATION MILEAGE*: The Conversion Chart (below) indicates mileage equivalents for various activities. If you participate in an exercise activity not listed, choose something of similar intensity to convert to Recreation Miles. **Always convert exercise activities to Recreation Miles. Mileage is recorded on a weekly basis and accumulates from Jan. 30th thru April 29th.**

"Just 4 the *HEALTH* of it!" CONVERSION CHART

ACTIVITY	DURATION DISTANCE	RECREATION MILES	ACTIVITY	DURATION DISTANCE	RECREATION MILES
Health/blood screening	1 time credit	5 miles	Rollerblading	15 minutes	1 mile
Basketball	60 minutes	3 miles	Soccer	60 minutes	3 miles
Bike/Stationary Bike	15 minutes	1 mile	Step Machine	10 minutes	1 mile
Cross Country Skiing	60 minutes	3 miles	Swim	10 minutes	1 mile
Elliptical Machine	15 minutes	1 mile	Tennis/badminton/pickleball	60 minutes	2 miles
Jog/Run/Walk	1 mile	1 mile	Volleyball	60 minutes	1 mile
Racquetball	60 minutes	3 miles	Weightlifting	60 minutes	1 mile
Fitness Class	15 minutes	1 mile	Stretching	10 minutes	1 mile
Water Consumption	4 – 8 oz. glasses/day	1 mile 1 mile max/day	Fruit / Vegetable Consumption (Serv. = ½ cup)	2 servings/day	1 mile 1 mile max day
Golf	9 holes (walking)	1 mile	Shoveling Snow	10 minutes	1 mile
Blood Pressure check	1 time per wk	1 mile	Kirkwood 5K run	1 time credit	10 miles