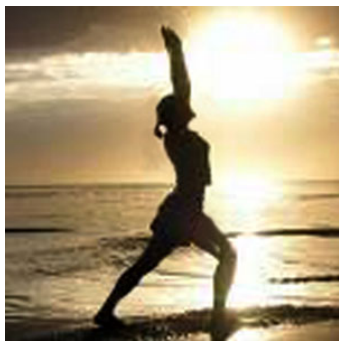


University of Scranton Fitness Challenge

February 8th- March 7th 2010



Second Annual FITNESS Challenge

**GET IN SHAPE FOR
SPRING BREAK!**

Feb 8th- March 7th 2010

**MAKE IT YOUR NEW
YEAR'S RESOLUTION!**

www.scranton.edu/chew

- 🍏 4 week wellness program
- 🍏 3-5 people per team
- 🍏 Teams comprised of at least one faculty/staff member & one student
- 🍏 Individuals or partial teams are encouraged to register by contacting CHEW to be assigned to a team
- 🍏 GREAT PRIZES for ALL participants
- 🍏 AWARDS for top participants

**Center for Health
Education & Wellness**

DeNaples 205 K
(570) 941-4253
chew@scranton.edu
www.scranton.edu/chew



Due to the success of the 1st annual Fitness Challenge, we are please to announce the 2nd Annual FITNESS CHALLENGE!

FITNESS CHALLENGE SIGN-UP FORM

What is the Fitness Challenge?

It is a four week wellness program to promote healthy lifestyles for University of Scranton faculty, staff, and students. Teams of 3-5 members can earn points through physical activity, nutrition, and POWER points. Prizes will be awarded to the top participants at a concluding ceremony.



How it works?

Participants submit scores for the week to their team captain every Sunday night and the team captain reports the scores on Monday to the Center for Health Education and Wellness.

How to earn points?

Physical Activity= 1 point for every 15 minutes of physical activity. Each member can earn up to 3 points per day in physical activity.

POWER Points= Earn bonus points each week for special fitness sessions or incentive days.

Save the date!

February 8th- Fitness Challenge Begins with Opening Ceremony at 12pm or 4pm in TDC 405

*One representative from each team must be present at either session to pick up information packet and log sheets

February 15th- Week 1 scores calculated

February 22nd- Week 2 scores calculated

March 1st- Week 3 scores calculated

March 7th- Fitness Challenge Conclusion

March 8th- Week 4 and final scores calculated

March 11th- Closing Ceremony at 12pm in Brennan 509...Healthy snacks provided!

TEAM NAME: _____

#1 Team Member/Captain

Name:

Phone #:

Email Address:

@scranton.edu

Shirt Size:

#2 Team Member

Name:

Phone #:

Email Address:

@scranton.edu

Shirt Size:

#3 Team Member

Name:

Phone #:

Email Address:

@scranton.edu

Shirt Size:

#4 Team Member (Optional)

Name:

Phone #:

Email Address:

@scranton.edu

Shirt Size:

#5 Team Member (Optional)

Name:

Phone #:

Email Address:

@scranton.edu

Shirt Size:

***Please contact CHEW if you need more team members**

PLEASE RETURN THIS
REGISTRATION FORM TO:
THE CENTER FOR HEALTH
EDUCATION & WELLNESS IN
DENAPLES 205K
BY FEBRUARY 5th, 2010 by 4pm