

Geneseo Healthguards' Third Annual Fitness Challenge!

April 2012

Team Name: _____ Team Captain/ Email: _____

Team Goal _____

Challenge Level (circle one): Beginner Intermediate Advanced

Beginner= most members of team currently do not exercise on a regular basis

Intermediate= most members of team exercise regularly some days of the week

Advanced= most members of the team exercise regularly most days of the week

Informed Consent Statement:

I understand that participation in the Fitness Challenge is completely voluntary and that there are risks associated with exercise. SUNY Geneseo, Lauderdale Center for Student Health and Counseling, and the Geneseo Healthguards are not responsible for any injury that may result from participation in this challenge. I agree to honestly record the hours I spent exercising per week and to follow the rules of the challenge outlined below. By signing below, I acknowledge that I have read the informed consent statement and the rules below and accept these terms.

Thank you!

Name	Email	Student or Faculty?	Signature
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Our annual fitness challenge is a fun and fit activity for anyone looking to improve their health!

Take advantage of the spring weather by joining up with your friends/colleagues and get healthy! Form a team and keep track of how many hours you are exercising each week. Use your teammates for encouragement and try to be the most active team on campus! Winners of the challenge will be the team that records the most hours of exercise per team member for the month of April.

These forms can be submitted to boxes in the Workout Center or Health & Counseling Center

Have fun and get healthy!

Rules

1. Teams may **not exceed 10 people** (teams less than 10 are acceptable). Multiple teams are allowed per organization. Winners will be based on the average number of hours exercised per person, not per team.
2. The division of the challenge levels is put in place to ensure a fair competition. Please, honestly select the level that best represents your team. Active members of sport teams should select the advanced level.
3. Activities counting towards challenge hours include, but are not limited to: running, lifting weights, yoga, walking for fitness, playing outdoor games, using fitness center equipment, swimming, intramural activities, sport team practices and games.
Excluded activities include: activities done not to increase your fitness, such as leisurely walking to class, grocery shopping, etc.
4. **Recording hours:** Team captains are responsible for collecting, recording, and submitting team hours. To make this process easier, excel sheets will be provided to each captain. Captains should submit team hours once a week on Wednesdays to hguards@geneseo.edu. Further information will be provided to the captains.
5. Have fun and encourage your teammates!

For current standings, words of encouragement, and other healthy tips become a fan of "Healthy Days and Healthy Knights" on facebook!