

2014 Fitness Challenge Rules

1. You can **sign up as an individual or a team**; keep track of how many hours you are exercising each week. There will be winners in both the individual and team categories. Individuals must complete the whole Fitness Challenge and meet the workout goal they pre-set. There will be team winners in the Beginner, Intermediate, and Advanced categories.
2. **Activities that count for the Fitness Challenge** include those that get your heart rate up and/or improve your fitness. Endurance, strength and flexibility exercises are great! (i.e. running, lifting weights, yoga, fitness walking, dancing, recreational/intramural games, using fitness center equipment, swimming, biking, hiking, and athletic team practices/games)
3. **Teams may have 2-7 members.** Multiple teams are allowed per organization. Weekly averages are calculated by the total number of hours exercised per team divided by the number of team members.
4. When choosing a Team Challenge Level, please **honestly** select the level that best represents the majority of your team members.
5. **Recording hours:** Each participant is responsible for submitting their hours to the Geneseo Healthguards. To make this process easier, Healthguards will email all participants a google doc for their team. Hours should be updated regularly and must be completed at the midpoint of the Challenge (April 15th) and at the end of challenge (April 30th). Email reminders will be sent with Fitness Challenge updates and standings.
6. **HAVE FUN!**

Questions? Email hguards@geneseo.edu or call 245-5747.