2019 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.

2. **Activities that count for the Fitness Challenge:** activities that get your heart rate up and/or improve your fitness. Endurance, strength and flexibility exercises are great! (i.e. running, lifting weights, WOC exercise classes, fitness walking, biking, recreational/intramural games, using fitness center equipment, swimming, hiking, and athletic club 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 Level, please **honestly** select the level that **best** represents the majority of your team members. Your team will be moved up a level if your team averages are way higher than the level you signed up for.

5. **Recording Hours:** Each participant is responsible for submitting their own hours (**rounded to the nearest quarter hour!**) Healthguards will email all participants a google doc. 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. **How are the winners determined?** **Teams** with the highest averages of hours per week at the Beginner, Intermediate, and Advanced levels will win prizes. **Individuals** (who are not on a team) who complete the whole Fitness Challenge and meet the workout goal they pre-set will win prizes.

7. **HAVE FUN!** Follow @healthygeneseo on facebook & instagram and post your fitness challenge updates! **#geneseofitchallenge**

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