



## *2019 Fitness & Wellness Challenge*

### RULES

1. The Wellness and Fitness Challenge participant registration **2-30 January 2019**.
2. The Wellness and Fitness Challenge will run for 8 weeks, beginning **Friday, February 1, 2019** and ending on **Wednesday, March 27, 2019**.
3. An orientation briefing will take place on **Thursday, January 31, 2019. @ 17:30 hours**. You will receive competition rules, helpful tips, information on good nutrition and Fitness Test Demos.
4. Initial Weigh in, Body Fat % measurements and fitness test will take place on **Friday, February 1, From 9 a.m. – 7 p.m.**

Fitness test will consist of:

#### **Strength**

**Push-ups** - AMAP in 1 minute. (On your toes)

**Squats** - AMAP in 1 minute. (Glutes to knee line)

**Sit-Ups** – AMAP in 1 minute (w/Ab mat)

#### **Endurance**

**2 Laps** – For Time (indoor track)

#### **Flexibility**

**Sit and Reach** – (sit and reach box)

5. Mandatory weekly weigh-ins, Body Fat % measurements and a food journal check will be conducted every **Wednesday at 8:00 a.m. – 7:00 p.m.**

#### **Weigh-ins and Food Journal due dates; February 6, 13, 20, 27 & March 6, 13, 20, 27**

- 1 – 5 Feb 2019** - (Completed FJ receive a free fitness class ticket)
- 6 – 12 Feb 2018** - (Completed FJ receive a free fitness class ticket)
- 13 – 19 Feb 2018** - (Completed FJ receive a free fitness class ticket)
- 20 – 26 Feb 2018** - (Completed FJ receive a free fitness class ticket)
- 27 Feb – 5 Mar 2018** - (Completed FJ receive a free fitness class ticket)
- 6 – 12 Mar 2018** - (Completed FJ receive a free fitness class ticket)
- 13 – 19 Mar 2018** - (Completed FJ receive a free fitness class ticket)
- 20 – 26 Mar 2018** - (Completed FJ receive a free fitness class ticket)

6. **Nutritional Classes** will be conducted for participants on **Wed, 13 February @ 1730, and Thurs, 14 February @ 1000 and at 1200.**

7. Each participant gets **TWO FREE** fitness class per week. A punch card for these classes will be given to each participant on the day of orientation, **January 31, 2019.**

8. Final Weigh in, Body Fat % measurements and fitness test will take place on **Wednesday March 27, 2019, from 9 a.m. - 7 p.m.**

9. **Cash Prizes** will be awarded for Overall Fitness Improvements, Most Class Participation and highest loss of body fat percentage!

10. **Awards ceremony** will take place at noon on **Thursday, March 28 2019.** At the Tower Barracks Fitness Center, Bldg. 170.