

Wellbeing for Employees (WE)

Spring Fitness Challenge

Registration Packet



Registration: **March 11th – 29th**

Program Length: **4 W e e k s - April 1st - 28th**

Prize Pick Up: **April 29th, 30th and May 1st**

****Pick up times vary****

****Please Read Information and Rules Carefully****

Rules

- Participants must be a Gustavus employee/retiree or domestic partner/spouse.
- Teams must consist of 2 - 4 people.
- Teams must identify a team captain who will register his/her team by March 29th, either online (<https://gustavus.edu/humanresources/wellbeing>) or with a paper form which can be picked up next to the Lund Information Desk.
 - On the web registration form, the captain must designate each team member's choice for a prize. Prize choices include a State Park Pass or a Minnesota Fishing License.

Information

- The goal of the Spring Fitness Challenge is to finish the program by accumulating enough minutes of exercise as a team. Together you will decide what "fish program" your team is working towards during the 4-week challenge.
 - **Walleye:** Total 1,200 minutes of physical activity or 120 fish
 - **Bass:** Total 1,800 minutes of physical activity or 180 fish
 - **Muskie:** Total 2,400 minutes of physical activity or 240 fish
- Countable exercises include any cardiovascular exercise (jogging, walking, biking, Stairmaster, aerobics group exercise classes, swimming, etc.), weight/resistance training, and stretching.
- To be eligible to receive your prize, you must meet the following criteria:
 - All team members must contribute to the total number of physical activity minutes.
 - Each team must accumulate at least 1,200 minutes of physical activity or 120 fish.
 - The Master Tally Form must be submitted no later than **May 1st**.
- Prizes will be handed out **April 29th, 30th and May 1st** next to the **Lund Information Desk**.
 - **April 29th** 10:00-11:30am and 1:00-4:00pm
 - **April 30th** 10:30am-Noon and 1:00-3:00pm
 - **May 1st** 11:30am-1pm and 2:00-3:30pm
 - If these pick-up times do not work for you, please contact Laurie Kelly (lkelly@gustavus.edu) to arrange an alternative pick-up time.
- Each member of the team that completes the challenge will receive a **FREE Minnesota State Park Pass or Minnesota Fishing License!**
- If you are planning to fish prior to **May 1st**, please contact Laurie Kelly (lkelly@gac.edu or call x6145) to make arrangements to pick up your license early.
- **Questions? Contact the WE Coordinator, Laurie Kelly (lkelly@gac.edu or x6145)**

Wellbeing for Employees (WE) Spring Fitness Challenge

Registration Form

Team Name: _____

Captain: _____ Campus P.O. _____

Email: _____ Captain Phone: _____

Team Members

(Please indicate whether the team member is an employee, retiree, or spouse/domestic along with what prize the individual is working towards)

Name	Employee	Retiree	Spouse/Domestic Partner	Circle Prize
1.				State Park/Fishing License
2.				State Park/Fishing License
3.				State Park/Fishing License
4.				State Park/Fishing License

Team Fish Program (Please indicate your team's goal)

Walleye: 1,200 minutes of physical activity or 120 fish

Bass: 1,800 minutes of physical activity or 180 fish

Muskie: 2,400 minutes of physical activity or 240 fish

(Minutes represent total completed by all team members combined over 4 weeks)

If submitting a paper form please return it through the Campus Mail, address to Laurie Kelly in Athletics. It must be **received by March 29th in order to participate in the challenge.

Wellbeing for Employees (WE) Spring Fitness Challenge

Physical Activity Readiness Questionnaire (PAR-Q)

For most people, physical activity should not pose any problem or hazard to one's health. This questionnaire has been designed to help identify the small number of adults for whom physical activity might be inappropriate, or those who should have medical advice concerning the type of activity most suitable for them.

**Please read the following question carefully, and then check
Yes or No opposite the question as it applies to you.**

<u>Yes</u>	<u>No</u>	
<input type="checkbox"/>	<input type="checkbox"/>	i. Has your doctor ever said you have heart trouble?
<input type="checkbox"/>	<input type="checkbox"/>	ii. Do you frequently have pains in your heart and/or chest?
<input type="checkbox"/>	<input type="checkbox"/>	iii. Do you often feel faint or have spells of severe dizziness?
<input type="checkbox"/>	<input type="checkbox"/>	iv. Has a doctor ever said your blood pressure was too high?
<input type="checkbox"/>	<input type="checkbox"/>	v. Has your doctor ever told you that you have a bone or joint problem, such as arthritis, that may be aggravated by exercise or might be worsened with exercise?
<input type="checkbox"/>	<input type="checkbox"/>	vi. Is there a good reason not mentioned here why you should not follow an activity program even if you wanted to?
<input type="checkbox"/>	<input type="checkbox"/>	vii. Are you over age 65 and not accustomed to vigorous exercise?

If you checked **YES** to one or more questions, consult with your personal physician BEFORE increasing your physical activity and/or completing a fitness test.

If you answered **NO** to all questions, you have reasonable assurance of your present suitability for a graduated exercise program.

****This form is due March 29th along with your registration form, you MUST have this turned in to participate****

Wellbeing for Employees (WE)

Spring Fitness Challenge

Captain's Checklist

1. Nominate a team captain. Team captains should then register the team online at the WE website (<https://gustavus.edu/wellbeing/programs.php>) or submit a paper copy (next to the Lund Information Desk). The paper copies should be returned through the Campus Mail to Laurie Kelly in Athletics.
2. Registration Form and PAR-Q must be submitted online **no later than March 29th** but if you are submitting a paper copy it must be **received** by **March 29th**.
 - Captains, please remember to...
 - ✓ Select a fish to indicate how many minutes of physical activity your team is working towards.
 - ✓ Have each team member choose whether they want a Minnesota State Park Pass or Minnesota Fishing License.
3. Team Captain should share all challenge information and rules to other team members. They should also hand out all individual tally sheets and PAR-Q sheets.
4. All team members are responsible for reporting their weekly totals to the team captain. The team captain should keep track of individual weekly totals on their Master Tally.
5. Upon completion of the challenge, the captain must submit the Master Tally Sheet on the web form found on the Wellbeing website **by May 1st** or turn the paper copy of the Master Tally Sheet when receiving the teams prizes.
6. Prizes will be handed out by the Lund Information Desk
 - **May 1st 10:00am-11:30am and 1:00pm-3:00pm**
 - **May 2nd 1:00pm-3:00pm**
 - **May 3rd 10:00am-11:30am and 1:00pm-3:00pm**
7. All prizes will be given to ONE TEAM MEMBER. Once your team member has picked up the prizes they are responsible to distribute the prizes to the rest of the team.

****If these pick up times do not work for you, please contact Laurie Kelly (lkelly@gac.edu or x6145) to arrange for an alternative pick-up time****

Wellbeing for Employees (WE)

Spring Fitness Challenge

Captain's Master Tally Sheet

Team Name: _____ Team Captain: _____

Week #1: April 1st-7th

Team Member #1 Total Minutes: _____

Team Member #2 Total Minutes: _____

Team Member #3 Total Minutes: _____

Team Member #4 Total Minutes: _____

Week #1 Total Minutes: _____

Week #2: April 8th-14th

Team Member #1 Total Minutes: _____

Team Member #2 Total Minutes: _____

Team Member #3 Total Minutes: _____

Team Member #4 Total Minutes: _____

Week #2 Total Minutes: _____

Week #3: April 15th-21st

Team Member #1 Total Minutes: _____

Team Member #2 Total Minutes: _____

Team Member #3 Total Minutes: _____

Team Member #4 Total Minutes: _____

Week #3 Total Minutes: _____

Week #4: April 22nd– April 28th

Team Member #1 Total Minutes: _____

Team Member #2 Total Minutes: _____

Team Member #3 Total Minutes: _____

Team Member #4 Total Minutes: _____

Week #4 Total Minutes: _____

SPRING FITNESS CHALLENGE TOTAL MINUTES: _____

****This form is for the captain to keep track of minutes during the Spring Fitness Challenge. Submit these minutes on the web form found on the Wellbeing for Employees website **no later than May 1st** or turn paper copy in when picking up the prizes****

Individual Tally Sheet for Team Members

****Please read the PAR-Q before beginning the challenge! ****

Name: _____ **Team Name:** _____

Team Captain: _____ **Fish Type:** _____

**** 10 minutes of physical activity = 1 fish (cross off 1 fish for every 10 minutes you exercise!).
Remember to report weekly totals to your team captain!!****

Week #1 (April 1st -7th) Scenic State Park

Weekly Total Minutes: _____



Week #2 (April 8th -14th) McCarthy Beach

Weekly Total Minutes: _____



Week #3 (April 15th -21st) Sibley State Park

Weekly Total Minutes: _____



Week #4 (April 22nd -28th) Zippel Bay State Park

Weekly Total Minutes: _____



