



WCA GROUP HEALTH TRUST

2011 PHYSICAL FITNESS CHALLENGE June 20 – September 18

The WCA Group Health Trust is excited to announce a thirteen-week physical fitness challenge. Participants will keep a daily log of points earned. One point will be rewarded per 10-minute increment of moderate to vigorous aerobic activity and/or muscle strengthening activity. Participants will compete as 8-member teams toward a weekly goal of 120 combined points, or 1200 minutes of physical activity.

Each participating location must designate a Program Coordinator to organize the teams and keep communication with the GHT. This person must **submit the team rosters to the GHT by Wednesday, June 1, 2011**. The Program Coordinator will also be responsible for submitting each team's points via email or fax by Tuesday of each week.

All GHT groups and spouses/immediate family are eligible to participate. Each GHT group is allowed to have as many teams as desired, but an employee cannot be on more than one team. If a team has less than 8 members, they can still participate but they may have to work a little harder to reach the weekly goal.

Challenge Kickoff: All participating teams will receive a package to kickoff the challenge. The package will include additional challenge information and a special gift for each participant.

Weekly Prize Drawing: Each team that reaches the weekly goal (120 combined points) will be entered into a prize drawing. The winning team will be announced each Wednesday.

Checkpoint Prizes: There will be two checkpoints, one on July 17 and one on August 14. The team with the most points accrued between June 20 and July 17 will be awarded a prize. The teams will then start with a clean slate on July 18, and the team with the most points accrued between July 18 and August 14 will be awarded a prize.

Challenge Winner: At the end of the program, the team with the most points accrued throughout the entire 13 weeks will be awarded the grand prize.

If you would like to participate, please send me your team rosters by Wednesday, June 1, 2011, via email (repka@wicounties.org), fax (608.663.7189), or mail (Wisconsin Counties Association, Attn: Ashley Repka, 22 East Mifflin St, Suite 900, Madison, WI 53703). Please use the attached team roster form. I will be in contact with the Program Coordinators after rosters are submitted.

Point System

The American Heart Association recommends that adults get at least 150 minutes of moderate to vigorous aerobic activity and/or muscle strength activities per week. Exercise split into 10-minute increments is still effective as long as you are doing the activity at a moderate or vigorous effort. For example, a 10-minute brisk walk, 3 times a day, 5 days a week adds up to 150 minutes!

Please record **1 point per 10-minute increment** of moderate to vigorous aerobic activity and/or muscle strengthening activity.

Potential aerobic activities:

- Running
- Brisk Walking
- Jogging
- Cycling
- Aerobics Class/Video
- Racquetball
- Tennis
- Roller Blading
- Stairmaster
- Elliptical
- Swimming
- Volleyball
- Basketball
- Tennis
- Skiing
- Baseball/Softball
- Hockey
- Jump Rope
- Vigorous Household Chores: Raking Leaves, Vacuuming

Potential muscle-strengthening activities:

- Lifting weights
- Working with resistance bands
- Exercise that uses your body weight for resistance (push-ups, sit-ups, etc.)
- Heavy gardening (digging, shoveling)
- Yoga
- Pilates

Please note that these lists are a guideline. Feel free to record other qualifying activities in your physical activity log, which will be provided to participants at a later date.