



WCA GROUP HEALTH TRUST



## *Physical Fitness Challenge*

**April 22 – June 16**

The WCA Group Health Trust is excited to announce an eight-week physical fitness challenge for all employees and their families. Teammates will work together to reach the weekly goal of 1600 minutes of physical activity. Get your team together and register by March 22, 2013!

### **Participation:**

Participants must keep a daily log of points earned. One point will be awarded per ten-minute increment of moderate to vigorous aerobic activity or muscle strengthening activity. Bonus points will be awarded for participation in community/charity sponsored fitness events (ex. 5k run/walk, triathlon, bicycle race). Each team is working toward a goal of 160 points per week (1600 minutes). Team members must report their weekly points to their team leader, who will then compile the information and submit it to the GHT.

### **Team Leader:**

Each team will designate one member as the Team Leader. This person will act as the main contact to the GHT. The team leader is responsible for submitting team rosters and informing the GHT of any changes, collecting and reporting the team's points, and distributing mailings and prizes.

### **Registration:**

The deadline to register is March 22, 2013. See the attached registration form.

- All employees and their family members that reside in the same household are eligible to participate.
- Participants must be at least 16 years old.
- Teams can have up to 8 members. The weekly goal remains the same for all teams, regardless of the number of teammates.
- Participants are not allowed to be on more than one team.

## Prizes:

**Challenge Kickoff:** Each participant will receive a gift to kickoff the challenge.

**Weekly Prize Drawing:** Each team that reaches the weekly goal of 160 points (1600 minutes) will be entered in a prize drawing. The winning teams will be announced in the weekly newsletter and prizes will be sent to the team leader.

**Weekly Dare Drawing:** We dare you to try something new! Each week there will be a circuit-training workout for team members to complete. If each team member completes the dare, the team will be entered into a prize drawing. Dares will be announced in the weekly newsletter and on Facebook.

**Checkpoint Prizes:** There will be a checkpoint on May 15. The checkpoint challenge will be announced at a later date. The winning team will receive a prize.

**Challenge Winner:** At the end of the challenge, the team with the most points accrued throughout the 8 weeks will win the grand prize.

## Qualifying Physical Activity:

This list provides a guideline, but does not include all activities that qualify. Please use your best judgment when determining if an activity qualifies. Rounding up to ten minutes or fractional points are not allowed. Participants cannot do bursts of activities less than ten minutes, and then compile them at the end of day. Please be honest to make this competition fun and fair for everyone participating. Your activity should require moderate to vigorous level of effort.

### Aerobic Activities:

Running	Racquetball	Swimming	Baseball/Softball
Brisk Walking	Tennis	Volleyball	Hockey
Jogging	Roller Blading	Basketball	Jump Rope
Cycling	Stairmaster	Tennis	
Aerobics Class	Elliptical	Skiing	

### 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

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