

## WELCOME TO THE 2008 WELLNESS CHALLENGE!

The rules are simple:

- Individually, track your points on a daily basis. Follow the points explanations for guidelines.
- Submit your sheets with a **Weekly Grand Total** to your Team Leader each **Monday**.
- Team Leader: Fax the completed sheets for each member of your team to Tina Munro at 541-3012 each **Wednesday**.
- For every 100 points your team earns, it will receive a ballot for a weekly Surprise Draw!
- Winners will be notified first, followed by an e-mail to all Team Leaders and a posting on the Web Site.

**GOOD LUCK AND HAVE FUN!!**

## Wellness Challenge Points Explanations

Use the following guidelines when tracking points for the Wellness Challenge.

- 1. Aerobic Activity** There are several ways to earn aerobic points.
  - A. 30 or more minutes on any of the 16 pieces of cardio equipment located in a Fitness Center
  - B. 30+ minutes of jogging, walking, rollerblading, etc. of outdoor activity.
  - C. Attending an aerobic exercise classes (Examples include Turbo Jam, Step Aerobics, etc)
  - D. Earn 10 points maximum per day.
  
- 2. New/Different Aerobics Activity** This category encourages you to try something new. Each new activity provides a one time opportunity to earn 20 points. You must list the new equipment/activity on the back of your tracking sheet. You can qualify for a new activity max of 20 points daily and **cannot** earn points for a new activity (20) plus your regular aerobic activity (10) in one day.
  
- 3. Strength Training** You can do any type of strength training you desire. However, it must consist of a minimum 30 minutes of strength work to claim your 10 point max per day.
  
- 4. Yoga/Stretch** Taking time to stretch is extremely important, so spend a minimum of 20 minutes daily to earn 10 points.
  
- 5. Eat 5 servings of Fruits and Vegetables** Eating healthy can be the last thing we think about in our busy lives. Make it a priority and earn 10 points daily by eating 3 veggies and 2 fruits daily. Hey, it's a start!
  
- 6. Attend Wellness Seminar** There are a variety of ways to learn about Wellness. Attend a seminar, go to an information session, visit an alternative health practitioner, etc. If you spend an hour learning a way to increase your well-being, give yourself 30 points.
  
- 7. Time for Yourself** With everyone's day being so full, we forget that it is important to focus on yourself. We are encouraging that you take 30 or more minutes to meditate or re-focus on yourself and earn 10 points.
  
- 8. No Smoking for the 24 hour day – Smokers** We are encouraging everyone to "quit the habit". Each day without smoking is worth 50 points if you are a smoker.
  
- 8. No Smoking for the 24 hour day – Non Smokers** We applaud those who also choose not to smoke. Earn 10 points per day for not taking up the habit.

**10. No Alcoholic Beverages for the 24 hour day** Earn 10 points daily by abstaining from consumption of alcoholic beverages. Avoid alcohol, feel better and earn extra points.

**11. Community Service** A great way to help our fellow neighbor is to volunteer to provide community service. There are many opportunities in your area. Service must last 1 hour to earn 20 points.

**12. Team Activity** Its important to be able to work in a team environment. An hour of teamwork at work, on a sports team or in a volunteer environment will give you 10 points. Do not double up with any other points for this one.

**13. 7+ Hours of Continuous Sleep** One of the biggest problems in a hectic lifestyle is the lack of sleep issue. Sleeplessness can contribute to the inability to concentrate, depression and many other wellness problems. Earn 20 points daily by getting a minimum of 7 hours of sleep each night.

**14. Relaxation / Meditation** Earn 20 points by using relaxation or meditation techniques to reduce your stress levels.

**15. Doctor Visit** It is very important that you have a yearly appointment with your doctor. This can be the first indication of any concerns or changes that you may have to make in your quest for life long wellness. (50 points)

**15. First Aid / Safety Training** Being safe is an important part of maintaining well-being. Earn 30 points for participating in a first aid class or occupational health and safety training.

**FAX YOUR SHEETS TO TINA MUNRO EACH WEDNESDAY.  
FAX: 541-3012**

**EACH TIME YOU EARN 100 POINTS, YOUR TEAM WILL BE ENTERED IN A  
DRAW FOR WEEKLY PRIZES!**

**PRIZES VARY EVERY WEEK – THEY ARE ALL FANTASTIC!**

## **FAQ with Answers**

**Q: What is the Wellness Challenge?**

**A:** The Wellness Challenge is an opportunity to enhance your fitness/wellness level in team environment. The challenge will last for 6 weeks and will involve teams with 5 members per team. Each team participant will earn and track daily points for their team. The Wellness Challenge will start January 28, 2008 and finish on March 9, 2008.

**Q: How do I join a team?**

**A:** If you are interested in being on a team you may download the Team Sign Up sheet from our website or copy one that is posted at your location. If you have a specific team in mind you may also contact that team leader.

**Q: How many teams are there?**

**A:** There is no limit on the amount of teams. We want everyone to participate.

**Q: Who are the team leaders?**

**A:** Anyone can be a team leader.

**Q: How do I track my points?**

**A:** You will receive/pick up a weekly tracking sheet which you will keep track for yourself and turn in to Tina Munro each Wednesday. You can fax them to 541-3012. Please be sure to include your team name. The sheets are based upon individual honesty.

**Q: What if the team I want to join is full?**

**A:** At that point you may have to consider joining a different team. Remember there are no limit on the number of teams who can enter.

**Q: What does the team with the most points get?**

**A:** Prizes are awarded by a weekly draw for each of the six weeks. For every 100 points your team earns, they receive one ballot. This way, there is incentive to do your best, but there is also a chance for everyone to win a prize!

**Q: Are there individual winners?**

**A:** No...at this point we are trying to focus on the team aspect.

**Q: How do I communicate with my teammates?**

**A:** We encourage Team leaders to have meetings from time to time to communicate any needed information and give the team a chance to interact with each other. Team results will be posted on [www.tcrsb.ca](http://www.tcrsb.ca) each week.

**Q: Can I only earn points by doing activities that are on the list?**

**A:** Yes...But we hope that there is a wide enough variety that you have many opportunities to earn points.

**Q: How and where will the winners be announced?**

**A:** Each week, the winning team will be contacted through the team leader. The team will also be announced in a group e-mail and on the Board website.

**Q: How much does it cost to join a team?**

**A:** It's FREE.

**Q: How do you know if they earned the points honestly?**

**A:** We hope that everyone will be honest in their point earnings. There is simply no other way to keep track of so many individuals.

**Q: Can we earn points seven days a week or is there a limit?**

**A:** YES, they can earn points 7 days a week. YES there are limits. You may not earn multiple points for the same item. Ex: If I lift weights for the 30 minute limit I can earn 10 points but if I lift for 1hour 30 minutes I cannot earn 30 points.

**Q: How long does this go on for?**

**A:** We plan on the challenge to last 6 weeks. We hope that the good habits that may be formed in that time may last a lifetime.

**Q: Is this done by yourself or as a group?**

**A:** Points will be earned individually, but will be combined with the rest of your team for the overall team challenge champion.

**Q: How many lifts for strength training?**

**A:** As many as you would like. The points are based on a 30 minute minimum.

**Q: Are there penalty points for unhealthy eating or lack of exercise?**

**A:** No...but there is excessive body fat, heart disease, and a wide variety of other less than great effects from eating unhealthy or not exercising.

**Q: If I do a different cardio every time I workout do I continually receive 2 points for cardio work?**

**A:** No... When you try a new piece of equipment you can receive your 2 points but our facility as well as many others are limited to 3-4 different types of equipment.

**Q: When do I turn in my point tracking sheet?**

**A:** Every week you will be asked to fill out your point Tracking Sheet. On the following Wednesdays, over the 6 week time period, we ask that you turn in your Tracking Sheets to Tina Munro by fax 541-3012. Those dates to turn in your sheets will be; February 6, 13, 20, 27<sup>th</sup> and March 5. The winners will be announced each Friday.