

# Welcome to the Seasonal Fitness Challenge



Thank you for registering for the Seasonal Fitness Challenge! The goal of the challenge is simple: to accumulate at least 150 minutes minutes of physical activity each week. 150 minutes is equal to an average of 20 minutes of exercise a day. Of course, the more you move, the more you'll gain (in rewards that is).

Each qualifying Exercise Tracking Log will earn you Healthy Lifestyle Activity Points (HLAP's) based on the total minutes you track each month.

Total Minutes Per Month	HLAP's
600 – 999	10
1,000 – 1,499	15
1,500+	20

At the end of each month, you will submit your Exercise Tracking Log which will be entered into a drawing to win a prize. Note: *All Exercise Tracking Logs are due by the 7<sup>th</sup> of each month to be entered into the monthly prize drawing.* If you have met the monthly Challenge Pro fitness goal, you will receive one drawing entry. If you have met the monthly Gold fitness goal, you will have two drawing entries. The Platinum Status fitness goal will earn you three drawing entries.

You may track your exercise minutes on a separate log, but will be required to enter your total minutes on Day 1 of the Exercise Tracking Log each month. Please save all forms of exercise tracking records for auditing purposes. If you are unable to participate in the Seasonal Fitness Challenge throughout the year, you can register for upcoming Employee Wellness programs being offered during the year. Learn more by visiting [www.pima.gov/hr/health](http://www.pima.gov/hr/health).

## What forms of activity count?

All activities wherein you are continuously moving, strengthening or stretching your body for at least ten consecutive minutes. Employee Wellness will send you weekly exercise tips to help keep you motivated.

## How does the program work?

It's easy! Exercise regularly and record your time on the official Exercise Tracking Log (available on our website and which we will send by e-mail). The log will automatically calculate your running total. If needed, you may combine activities to fit everything on one page. For example,



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[www.pima.gov/hr/health](http://www.pima.gov/hr/health)

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if you take three, 10-minute walks, you can record walking for 30 minutes. Or, you may even record walking, yoga and biking for 100 minutes on the same line. If you use a separate tracking form, you will still be required to submit your total minutes on the Exercise Tracking Log.

Submit the form **at the end of each month**. *Remember: you need to accumulate 150 or more minutes each week!* Please save the log using your EIN and Month of Activity as the title. For example, **123456July980.pdf**. You can submit electronically, by fax or through interoffice mail. Each month there will be a drawing from all the logs received with qualifying minutes. The winner will be notified and an announcement made on the website around the first week of each month.

## **Setting yourself up for success!**

To meet your monthly goal of 150 or more exercise minutes a week, you will need to exercise an average of 20 minutes a day. If exercise is already a part of your regular schedule, you can easily estimate your weekly minutes to see if you'll need to make any changes to meet your goal. If you don't have a regular routine, this is the time to make a plan.



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**What does a typical week look like for you in regarding physical activity?**

Take a moment to write in what a regular week looks like for you, then add up the total minutes.

Mon	Tue	Wed	Thu
Fri	Sat	Sun	

Total weekly minutes \_\_\_\_\_



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**If your typical week includes less than 150 minutes**, it may be beneficial to design a specific plan for each of the upcoming weeks. Think about where you can add activity to your life. Choose activities that are easy and fun and that fit into times in your schedule when you most likely won't be interrupted. Here are a few ideas to consider:

- If you belong to a gym, maybe it's time to try out a fitness class. Pick up a schedule, find something that looks interesting and plan to go every week for the next month. Maybe your worksite even has free or low-cost classes once a week that you can fit into your schedule. Visit <http://www.pima.gov/hr/health/calendar.html> to see if there is a fitness class near your worksite.
- If you have a lunch break, could you spend half of it walking? If you did that every work day, you would have 75 to 150 minutes. Add a 15 minute walk in the morning and the afternoon and you'll have more than enough minutes. Visit <http://www.pima.gov/hr/health/WalkingClub.html> to join or start a Walking Club at your worksite.
- Make a weekly exercise date with a friend. Skip happy hour and go for a short hike or bike ride instead.
- Use your weekends wisely. Plan a longer exercise session on a Saturday morning when you tend to have more free time and supplement it with some short weekday workouts.
- Rent some fitness DVDs at the library and plan a home workout several mornings a week in the comfort of your own home, before the interruptions of the day begin.

## Have Fun!

**Waiver: By participating in any Employee Wellness Programs involving physical activity, you are agreeing that:** You are in reasonably good health and have no conditions that would prevent or hinder you from safely participating in the activity. You understand that Pima County and affiliates disclaim any liability for any costs, claims, injuries, actions, or damage suffered by you, no matter what your relationship, as a result of participation in the activity. Participation in all activities is strictly voluntary, and any injuries suffered in conjunction shall not be subject to reimbursement under any worker's compensation law or any other applicable law.

