

2010 Huntingdon County Fitness Challenge

Guidelines

J.C. Blair Memorial Hospital, Juniata College, Mutual Benefit Group, and MERF Radio invite local small businesses and organizations to join us in the 2010 Huntingdon County Fitness Challenge. Have your team leader contact Chris Gildea at (814) 643-8548 for details. Overall competition winner will be based upon average minutes per participant.

1. Sign up beginning April through July 2010, by signing the 2010 Huntingdon County Fitness Challenge Agreement form available on the J.C. Blair web site (Community Outreach page), and faxing it in to the J.C. Blair Community Relations Office at (814) 643-8348. If you are unable to find the form, contact the Community Relations Office (814-643-8833).
2. Each month complete the activity log to keep an honest and accurate track of your minutes of activity. All aerobic activity will be included this year, and a conversion is available within the log to give credit for higher intensity workouts. Return your activity sheets to your team leader by June 9th, July 7th, August 11th and September 8th to have your minutes of activity counted in our competition total. Be sure to total the number of minutes of activity logged and include your name on the form.
3. Each team can award incentives if they choose. Incentives can be awarded to the first person to reach the following time markers: 1,500, 3,000, 6,000, and 9,000 minutes. A person should only win an incentive once, but can continue to compete for the grand prize. The grand prize can be rewarded to the individual logging the most minutes of activity throughout the challenge.
4. You may exercise at home, at work on a break approved by your supervisor or anywhere else you choose. The fitness minutes you record will be done for the purpose of exercise and leisure **above and beyond your normal routine** (even though some of us walk a lot while we are working).
5. The kick-off walk is scheduled for Friday, May 7 at 12 noon at the J.C. Blair Flagpole. The kick-off walk will not be required but would make for friendly competition and aid in finding walking partners who will keep you motivated! Please register in advance by April 30 to participate in this walk.
6. If you find yourself having any physical difficulties or concerns while you are walking, please consult your physician before continuing the program.

This program is designed to be a fun and motivational way to get more active in your health. Any feedback on the program is appreciated.

Thank you, The 2010 Huntingdon County Fitness Challenge Committee