**Dates:** March 24, 2014 – April 26, 2014

**Goal:**
To help motivate participants and teammates to increase the amount of and diversifying personal physical activity with the help of your three teammates. Although team exercise is encouraged, individual can do their own exercises and simply report their score to the team captain. Everyone will keep a log of her/his activities.

**Incentives:**
To compete alongside your teammates while working together as a team to win a medal by the Academy’s Conference Day. We will award GoldPlus, Gold, SilverPlus, Silver, BronzePlus, and Bronze medals to the top six teams.

**Registration:**
To register, you will e-mail Zach Andrews andrewszw@appstate.edu and provide him the name of the team, name of the team captain, name of three team members, and all the email addresses. All teams must have at least one faculty and one female member.

**Rules:**
Each captain will present a team consisting of four team members, including:

1) **Limitations:**
   In order to ensure fairness in ranking points, we have come up with a point system. Within the system there must be limits to prevent someone from loading up points on what they consider “easy.” Such as:
   - Group fitness classes are limited to no more than 5 classes per week. When 5 classes are reached only those will be credited to an individual’s weekly total.
     - For example: one individual cannot get more than 50 points within one week from group fitness classes alone.
   - For each week an individual can only earn a Maximum of 50 points per category.

2) **Point System:**
   Each exercise completed for the block of time shown is worth ten points.

   Please note that time listed must be performed in one continuous session in order to get points, no carry over time from different day. Walking across campus does not count as exercise. It has to be a planned effort during a distinct time frame. If you have a busy schedule and can only get half of a time in earlier in a day and the other half in later that day you are allowed to combine those times. Do not round up combined times.

**Note:** A week starts at 12:00 am on Monday and ends at 11:59 pm on Sunday.
Rules and Program Descriptions

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<th>Adventure</th>
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<th>Sports</th>
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<td>Weight Lifting (30 min)</td>
<td>Skiing (60 min)</td>
<td>*see details below</td>
<td>Basketball (50 min)</td>
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<tr>
<td>Elliptical (30 min)</td>
<td>Personal Training (30 min)</td>
<td>Snowboarding (60 min)</td>
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<td>Running (20 min)</td>
<td>Cross fit (30 min)</td>
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<td>Stationary Bike (40 min)</td>
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*Go to www.healthpromotion.appstate.edu for information pertaining to Health Promotion’s group exercise schedule, or click on www.urec.appstate.edu for information pertaining to University Recreation’s group exercise schedule.

What counts as calisthenics? Calisthenics exercises include any exercise that strictly involves your own body weight to work out. Examples include: Lunges, crunches, push-ups, pull-ups and chin-ups, planks, body squats, and dorsal raises. NOTE: Only count for the calisthenics section if you only do calisthenics for your entire workout. If you do traditional weight lifting and throw in a couple calisthenics exercises just count that towards the 30 min of weight lifting.

Keep in mind that these are just common samples of exercises to fit into each category. If you prefer another type of physical activity please feel free to judge accordingly or email with questions.

3) Honesty Policy:
   All points will be given on an honor system. For example, if you say that you walked for 30 min and took one fitness class and should be awarded 20 points for the week, then it is expected that this activity was actually completed. We ask that you respect this policy and remain honest throughout the duration of this challenge.

Contact Information:
We will have a web page www.cs.appstate.edu/step/healthyLiving where the team captains can post the daily scores for their teams and a link to the teams’ weekly standings.

For questions or concerns please feel free to email
   Zach Andrews: andrewszw@appstate.edu
   Mason Calhoun: calhounmc@appstate.edu