



## March 3, 2014 – May 17, 2014

The **Wayne County Wellness Challenge** is designed to include people of all fitness and activity levels whether already active or not. This challenge is open to **ALL** county businesses, schools, churches or groups. The goal of this challenge is to create a team within your place of work/school/church to compete on a daily challenge of how active we can become. Points will be awarded for minutes exercised, not based on how hard you exercise or what kind! (Max 3 pts/day) At the completion of the 10 weeks, there will be a 5K Event (Sat., May 17) to celebrate your success and maintaining a daily exercise program! This 10 week challenge will help prepare you to complete the 5K. Each business, school, or church will enter a team or multiple teams to compete against others across the county. Each individual will use the honor system to record their daily amount of participation. (1 point/10 minutes exercised) Become a **Wellness Warrior** and begin to set a positive example of maintaining a healthy lifestyle in your respected area.

**Captain Duties** – Register Team: Visit [www.wchdil.com](http://www.wchdil.com), click on Wellness Challenge at the bottom of the homepage. Click on “Register Team” and follow website instructions. Each week the Team Captain will enter in the team member’s activity data. Each team member will keep track of daily recording with a provided score sheet and the team captain will enter all the team member scores Weekly into an excel spreadsheet (which will be provided electronically by Human Resources upon request). The team captain will send the weekly report before 12 noon each Monday via e-mail to Bryce at [bkovacich@wchdil.com](mailto:bkovacich@wchdil.com).

**Team** – Consists of ANYONE, made up of 5-20 people. There can be multiple teams per each organization. This is essential for our 5K activities we will be having.

Teams will be grouped against others of the same size for challenge. There are three group size categories: 5-10 people, 11-15 people, and 16-20 people.

**Scoring** – Each day participants will keep track of their own level of activity, water intake, and fruit and vegetable consumption.

**Exercise:** 1 point is awarded for individuals that exercise at least 10 minutes. 2 points are awarded for 20 minutes of activity, and 3 points for 30+ minutes. The American Heart Association recommends adults receive at least 30 minutes of physical activity a day, so we are encouraging everyone to get up and move to become healthier. Any level of exercise counts. Yoga and light walking – Weight lifting and running for miles! This challenge is to motivate more people to move.

**Water Intake:** 64oz. of Water/Day or 8 – 8oz. glasses each day. One point will be given for consuming the entire 64 oz. | Less than 64 oz of water = 0 points for the day.

**Fruit/Vegetable Consumption:** 5 cups/day. This can be any combination of fruits and vegetables. This can be 3 cups of fruit and 2 cups of veg. or opposite. Participants must consume 5 cups to earn your point for the day.

Awards will be given to Teams of each Division for most points in the 10 weeks. Weekly giveaways will also be given to random winners of weekly totals. At the completion of the 10 weeks, there will be a 5K Fun Run to celebrate your success and maintaining a daily exercise program! This 10 week challenge will help prepare you to complete the 5K on May 17<sup>th</sup>!



# Wayne County Wellness Challenge

## Team Member Questionnaire

Team Captain: \_\_\_\_\_

Team member name: \_\_\_\_\_

Current level of physical activity:

Active for 30 minutes a day, less than 2 days/week

Active for 30 minutes a day, 2-4 days/week

Active for 30 minutes a day, 5-7 days/week

Current level of water intake:

Drink less than 1 glass of water daily

Drink 2-4 glasses of water daily

Drink 5 or more glasses of water daily

Current level of fruit and vegetable intake:

Eat less than ½ cup of fruits and vegetables daily

Eat about 1 cup of fruits and vegetables daily

Eat 2 or more cups of fruits and vegetables daily

 Return to your Team Captain as part of your registration.