

## 2015 WHOI Fitness Challenge: Fitness Activities & Points

Each week, you and your TEAM members will use individual weekly logs to document both the type and length of activities you perform. You can select from a variety of activities that are outlined on the Activities and Points sheet. Different activities are worth different amounts of points based on the level of exercise performed. Don't think you're going to be limited to just a few activities - we have 50+ activities for you to choose from! And, we have some new rewards points for healthy lifestyle behaviors. See the Activities and Points below for more details.

The Challenge is based on the honor system and you will be awarded points for all minutes you exercise and record. Points are based on 20-minute intervals, but will be pro-rated accordingly.

You don't need to exercise at WHOI or with team members. It's your option to workout on your own or with others at your leisure, even while on vacation.

Weeks will run from Sunday to Saturday. Each week, each individual team member MUST complete their online exercise log by 3:00 pm (EST) on the following Monday. For logs submitted after the deadline, points will not be counted that week but will be included in the cumulative totals. The total amount of time exercised as well as points will be automatically tallied on the online tracking system and results will be posted on this website, and will be highlighted in WHOI Headlines. So, remember to check in often to see how your team is doing.

**IMPORTANT:** In order to qualify for weekly prizes, at least 4 members of your team must engage in at least 2 hours of exercise a week.

### Activities and Points

#### 1 Point

- Air Hockey
- Baseball/Softball
- Bowling
- Croquette
- Curling/Shuffleboard
- Driving Range
- Frisbee
- Golf (with a cart)
- Playing Catch (Baseball/Softball/Lacrosse)
- Stretching
- Table Tennis
- Walking (casual)

#### Other Activities

- Fishing (per outing) (1 point)
- Gardening/Pruning (per day) (1 point)
- Sailing (casual/leisure/per trip) (1 point)
- Riding Your Bike (or) Walking to Work (3 points - these are Bonus Points in addition to the regular points you will earn for these activities)
- Attending a WHOI sponsored wellness-related event or seminar (5 points)
- All Team members participating in the same WHOI sponsored wellness event or organized activity (5 points, in addition to the 5 points for attending)

#### 2 Points

- Aerobics/TaiChi/Pilates/Traditional Yoga
- Biking (at a casual pace)
- Calisthenics/Gymnastics
- Canoeing/Rowing/Kayaking
- Dancing/Zumba
- Golf (walking the course)
- Hiking Hills
- Hoola-Hoop
- Horseback Riding (trotting)
- Ice/Roller Skating or Roller Blading (casual pace)
- Power Walking
- Scuba Diving
- Sit-Ups or Push-Ups
- Soccer/Basketball/Volleyball/Hockey/Rugby
- Tennis (doubles)
- Weight Training
- Yard Work (raking, mowing)

#### 3 Points

- Advanced Cardio Class (not beginner/intermediate)
- Biking (at fast pace - Spinning/Mountain Biking)
- Elliptical Cross Trainer
- Handball/Racquetball/Squash
- Jump Roping
- Kickboxing/Martial Arts
- Mountain Climbing
- Nordic Track
- Power/Bikram Yoga
- Rowing Machine
- Running
- Sailing (competitive)
- Soccer/Basketball/Volleyball/Hockey (competitive)
- Stairclimber Machine
- Swimming/Surfing
- Tennis (singles)
- Wind Surfing

#### Healthy Behavior Rewards

- Eating a "healthy breakfast" (per day) (1 point)
- Drinking 6 (8 oz) glasses of water (per day) (2 points)
- Eating 2 fruits (per day) (minimum daily requirement) (2 points)
- Eating 3 vegetables (per day) (minimum daily requirement) (2 points)
- Smoking Cessation Program (per class) (2 points)
- Weight Watcher's Program (per class) (2 points)

- Participating in a WHOI organized activity (walk, run, bike, etc.) (5 points)
- WHOI Fitness Trail (all stations) (5 points)
- Falmouth's Bike-to-Work Day (5 points)
- Official Sponsored Events (Road Race, Walk-a-thon, Bike-a-thon, Triathlon, Bowl-a-thon, etc.) (10 Bonus Points - in addition to points earned for running, walking, biking, etc.)
- Joining a Gym (new/renewing membership) (5 points)
- Weight Loss (5 points per pound of weight loss in a given week, up to 2 pounds per week allowed to support healthy weight loss - not cumulative from week to week)

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