

## 2015 WHOI Fitness Challenge: Chart Your Course 2009

### Official Start - May 31st!

The official first day of our challenge is Sunday, May 31st, so please keep track of your activities and enter your points. Please join us Monday, June 1, from 11:30 a.m. - 1:30 p.m. at the Carriage House as we kick-off the 2009 Fitness Challenge. A group of HR representatives will be present to help you get started and answer any questions you have about this year's program. A nutritionist will be available to promote healthy eating. We will also have blood pressure screenings. And, our own Ron Timm will be leading an organized walk around Ring Road scheduled to take off at 12:30, so don't miss out on your opportunity to earn 5 extra bonus points if you participate in this walk!

Why should I attend? Join your co-workers for a little fun and lightheartedness, put on your exercise shoes, grease your tires and get ready to ride the summer fitness wave. Enjoy a free lunch and healthy snacks. Earn 5 bonus points just for attending. Winner of the "Best Team Name" will be officially announced.

### It's Time to Chart Your Course Again

Have you heard the news? The WHOI Fitness Challenge is back! It's once again the time to "Chart Your Course" to a healthier lifestyle!

Spring has sprung and we're getting ready for our second annual WHOI Fitness Challenge! This is a 13-week event that will run from May 31 – August 29, 2009. A friendly team challenge where participants will earn points by engaging in a variety of wellness-related activities.

It doesn't matter if you are just starting out or if you have been exercising for some time. Prefer walking over running? Kayaking over softball? Bicycling over Pilates? No problem! With this challenge, you get to "Chart Your Course." The challenge is not about weight loss (although that may be one of the many benefits you'll enjoy!), but rather increasing your physical daily activities. This is an event for individuals of all fitness levels. In addition, this year's program will include additional points for healthy behaviors such as drinking water, eating your fruits & vegetables.

We invite everyone to participate and join us for lots of fun and activities that will be offered throughout the challenge!

### Getting Started

#### Form Your Team

To get started, gather up 4 of your co-workers to form a team of 5. Have your team select a team captain and then come up with a great team name!

Having trouble getting a team together, but still want to participate? Just contact [wellness@whoi.edu](mailto:wellness@whoi.edu) and give us your name. We'll do our best to match you up with a team looking for additional members.

#### Team Sign-Up (New Online Process)

The team captain is responsible for registering their Team using the new and improved online registration form listing the names of all the team members and t-shirt sizes.

Team Sign-Up Sheets *must be submitted via online by May 12th*. (Deadline extended to May 22nd)

\*Monday, May 18<sup>th</sup> – team bags to include t-shirts, pedometers and reflectors will be ready for pick-up at Nobska House. Please stop by at your convenience. Only one team member needs to pick up the package for each team.

NOTE: For those teams who sign up after May 12th, special arrangements will be made to pick up your team bags in HR when ready.

### Program Guidelines

To participate, you must form a team of 5, choose a team captain and give your team a catchy name. The team captain is responsible for completing the online Team Sign-up Sheet listing each member of your team along with appropriate t-shirt sizes. Each participant will receive a t-shirt. We also encourage team building by asking each team to design their own t-shirt. Please feel free to use your same team name/t-shirt design from last year (if applicable).

Each week the winning team will be determined by different criteria which will consist of – best team name, most points earned, most hours exercised, best t-shirt design, etc. You will earn points based on the specific activities and/or healthy behaviors each week. Please refer to the list of activities and new healthy behavior rewards that are eligible to earn points. To qualify for the weekly team prizes, each TEAM must have 4 of their 5 team members exercise at least 2 hours and submit their log on time.

Throughout the 13-week period, there will be special organized activities and WHOI sponsored events/seminars which can be done as an individual or as a team effort. Extra points will be earned for participating in these special events. Stay tuned for information on upcoming events to be offered.

Can you think of a better way to feel great, look great, stay healthy and display a positive image of the new you? Join us and we will show you how, no matter what level of fitness you are at.

\*May 31<sup>st</sup> – Let the games begin!!!

\*June 1<sup>st</sup> – Official Kick-Off event at Carriage House (11:30am-1:30pm)

More information will follow in the upcoming weeks. Check out the weekly WHOI Headlines for details or call your Benefits Specialist. If you are interested in running an event, whether one time or more, please contact Donna Hyman ext. 3743 or Linda Snow ext. 3763 .

*Last updated: March 20, 2013*

Copyright ©2007 Woods Hole Oceanographic Institution, All Rights Reserved.

Mail: Woods Hole Oceanographic Institution, 266 Woods Hole Road, Woods Hole, MA 02543, USA.

E-Contact: [info@whoi.edu](mailto:info@whoi.edu); press relations: [media@whoi.edu](mailto:media@whoi.edu), tel. (508) 457-2000

Problems or questions about the site, please contact [webdev@whoi.edu](mailto:webdev@whoi.edu)