An 8-Week Program
October 21 – December 15

Questions?
Contact Katie Wilson
x2001
wilsonk@uwec.edu

Captains’ Rules
The captain will be responsible for submitting a finalized roster as well as a $3 per member fee by Friday, October 19, 2012.

The captain will collect all minutes from participants on their roster and submit each individual’s total weekly minutes via email to Patti Imbery (imberypa@uwec.edu) by 9AM on Tuesday for the previous week.

Weekly updates will be provided to the captains on Wednesday. Results should be shared with the others on the team.

The competition runs 8 weeks, starting October 21 and ending December 15.

Competition Rules
- $3 fee per participant, which goes towards program maintenance costs and prizes
- All UW staff and faculty may participate
- It’s a team competition, with 3-10 members per team
- Team members must come from the same department unless there are not enough team members available, in which case you can combine forces
- 60 minutes maximum exercise for each work day, 300 minutes maximum per week
- “Exercise” = any activity you define as such
- Teams’ averages will be used to determine which team “wins” each week
- Ties will be broken by a random drawing out of a hat
- Competition runs 8 weeks, starting October 21 and ending December 15

Each team member is responsible for recording his/her daily minutes of activity on the calendar provided and reporting to the team captain by 9AM on Tuesday for the previous week.

Brought to you by the UW-Eau Claire Wellness Committee
The point is to get AWAY from your desk and get moving! Because of this, 60 minutes is the maximum number of minutes you can report for each work day.

Example #1:
You go on a walk during your morning 15-minute break. You then walk for 15 minutes during your lunch break and then an additional 15 minutes during your afternoon break.
You would log 45 minutes.

Example #2:
Over your 60-minute lunch break, you walk to Zorn, change clothes, do Zumba for 45 minutes, shower, and get back to work. You would log 60 minutes for that day.

Example #3:
You only work 3 days per week (60%). You may still log exercise for 2 additional days, with a maximum of 60 minutes per day for 5 days.

Example #4:
You are a faculty member and don’t have scheduled breaks. Use your judgment on how to record, with no more than 5 days logged and a maximum of 60 minutes per day.

Tips to get you started

START SMART
Don’t do too much too fast. Nothing interferes with good intentions more quickly than an early injury. Be sure to warm up and cool down.

HAVE A GOAL IN MIND
Are you exercising to relieve stress? Lose weight? Improve your health? Or, maybe, just to beat another department in this competition? Keep your intentions in mind, but remember that no matter your goal, you are ultimately improving the quality of your life!

MAKE A PLAN
You would never just randomly go to a meeting or write a report for your boss. Plan your exercise the same way you would any other important task. Schedule it in your planner. Your teammates are counting on you!

DRINK WATER AND EAT WELL
Physical activity is only half the battle. If you really want to feel better, you must drink more water (8 glasses a day is a noble goal) and make healthy food choices. Replace your daily trip to the candy machine with an apple or a handful of almonds, you will see even more energy-boosting benefits.

If you are starting to exercise for the first time, please consult your physician about how to do so safely.

Some on-campus exercise options

WALKING
Library Loop (Indoor)
Begin at the Circulation desk on the first floor, and do a lap. Repeat on floors 1-5, walking laps on both the way up and the way down, ending again at the Circulation desk. Distance: .95 miles (1.05 laps = 1 mile)

McPhee Track (Indoor)
Located in the Ade Olson Addition, on the upper level. Distance: 200 meter (8 laps = 1 mile)

Hilltop to the McIntyre Library (Outdoor)
Start on upper campus at the top of Hilltop Hill and walk to the front of McIntyre Library on lower campus. Distance: .25 miles (4 times = 1 mile)

GROUP EXERCISE
Turbo Kick, Hydro Aerobics, Zumba, HIIT and other classes are all offered free with a Blugold ID. All indoor cycling classes are now free starting Fall of 2012.

WELLNESS CLASSES
Fitness Yoga, PowerPlus, Tai Chi, Boot Camp, Yoga, and Pilates are just a few of the wellness class offerings. Various fees apply.

FITNESS CLUB MEMBERSHIPS
McPhee Strength and Performance Center (MSPC) memberships can be purchased at the McPhee Information Desk. Crest Fitness Center memberships are available at the Hilltop Recreation Center Office. Dual memberships are available at both locations. A MSPC or a Crest Wellness Center membership is $44 for one semester. For $12 more, you may use both centers.

Complete schedules and more information can be found here: www.uwec.edu/recreation