

Holiday Calendar Challenge

Team Challenge

(Choose to sign up as a team and compete in the team challenge or sign up as an Individual to compete in the Individual challenge)

Sign up: From now until November 23, 2009
Start Date: Monday, November 23, 2009

Team Rules & Regulations

Challenge Length: Approximately 3 weeks. It will begin on November 23, 2009 and end on December 13, 2009.
Team Size: 3 participants per team.
Sign up: Participants can sign up as a team of three. Please submit your team name and roster to the Wellness Advisory Group at Wellness.Group@uregina.ca. In the subject line please indicate that it is a **team entry**.

- ✧ Participants can only sign up in the Individual challenge or the team challenge, they cannot participate in both
- ✧ Maximum of one Physical Activity Point per person, per day.
- ✧ Maximum of three Wellness Points per team, per day.
- ✧ Bonus challenges will be held throughout the course of the challenge to receive additional points for your team.
- ✧ The challenge will be in effect for 7 days a week.

Physical Activity Point

A physical activity can be any type of exercise or activity that gets you moving for a duration of 30 minutes (can be accumulative or continuous, continuous is preferred). Please Note: Additional activities cannot be banked.

Examples of Physical Activities: Aerobics, biking, jogging, running, swimming, elliptical machines, stairs, walking, weight training, yoga, dance, hockey, etc.

Each participant on your team must do a minimum of 30 minutes of moderate physical activity each day of the challenge to receive their physical activity point. To receive a team bonus point for each day, all three team members must participate in physical activity on that day.

For example, if on Team A, Day 1 (November 17) Sally, George and Tom each do their 30 minutes of physical activity then their team would receive 4 points (3 physical activity points, and 1 bonus physical activity point). If on day 2, Sally and George do their 30 minutes but Tom does not do his 30 minutes, their team will get 2 physical activity points.

Wellness Point (Calendar)

The Wellness Point encourages you to make healthy food and lifestyle choices as an important way to improve your overall health.

To receive a point for your team, each participant may choose between one of two choices that will be outlined on the Wellness Point calendar provided for that month. Only one point will be awarded per day per team member. Tasks must be completed ON the designated day or no point value will be awarded. Each team can only earn up to 3 points from the Wellness Point calendar per day. No bonus points are awarded.

Bonus Points For the Team and Individual Challenge

Wellness Wednesdays

Starting on November 25, 2009, Wellness Wednesdays will begin! They may be as simple as recommending a website for participants and the U of R Community to check out to activities on the track or in the pool, or even a lunch and learn. They will be posted on the website.

As part of the Holiday Calendar Challenge any participant attending a Wellness Wednesday activity will receive 1 bonus point for their team or Individual score. In the team challenge this does not mean that all members must be in attendance. (Example: On Team A if Sally and Tom attend a Wellness Wednesday activity, their team will receive 2 bonus points. In the Individual Challenge each individual will get one bonus point.

Other Bonus Points

Each member of your team can earn up to 5 bonus points by participating in five different activities from this list. Participants can only count one bonus point for each activity. (Example: On Team A, Sally may regularly attend Cougar Athletic games; however she will only get 1 bonus point for those activities.)

Book your Dr. Paul Schwaan Fitness evaluation

Work out as a team

Take someone who usually doesn't exercise out for a walk

Give a donation to your charity of choice

Call someone you love

Attend a Cougar Athletics game with a friend

Attend a Cultural event

Do a little Christmas Shopping early at the Fair Trade Fair

Wellness Wednesday Activities

November 25, 2009 **Take a walk at Twelve O'clock**

The FLC Track will be open to the University of Regina community to take a walk between 11:30 and 1:30 p.m. There will be no charge. Please sign up and fill out a ballot to enter for a prize. Don't forget as part of the challenge there will be an FLC Tour that same day, so walk your 30 minutes before or after and you get your points for the day plus an extra bonus for participating! Indoor runners required.

December 2, 2008 **Give Back to your Community**

More details to follow...

December 9, 2009 **Take a Dip at Twelve O'clock**

The pool will be open to the University of Regina community to take a swim between 11:30 and 1:25 p.m. There will be no charge. Please sign up and fill out a ballot to enter for a prize.

Reporting For both the Team and Individual Challenge

To Report, please send an email to Wellness.Group @uregina.ca by the Tuesday of the following week for your results to be posted. The Report must include the following:

TEAM NAME

Team or Individual Challenge

Captain's Name and email

Physical Activity Points

Wellness Calendar Points

Physical Activity Bonus Points

Wellness Wednesday Bonus Points