



spring fling fitness challenge rules

This challenge counts toward your 2024 - 2025 Earned Health Day!

Eight Week Challenge: Starts Monday, April 8 and ends Sunday, June 2.

Get ready for another exciting year! This challenge is open to all individuals aged 18 and older in the family. To keep things fun and accountable, we encourage you to find a buddy and be a buddy! Let's all work together to achieve our fitness goals.

Two Tiers: Both Cardio & Strength are required. We will not be gradually increasing the required times each week. The requirements will be the same at the beginning and at the end of the Challenge.

Tier One: 150 minutes per week with 100 of cardio and 50 of strength

Tier Two: 200 minutes per week with 125 of cardio and 75 of strength

Each Week: The Challenge runs Monday thru Sunday. All minutes must be entered by 4 pm each Monday.

Bye Week: There is one *optional* "Rest" week during this Challenge.

Online Tracking: You will enter and track your minutes in the online spreadsheet yourself.

Final: All minutes must be entered by Thursday, June 6.

Prizes: Everyone who registers for this Challenge will receive a healthy snack bag by June 6.

Most Minutes: Braggin' Rights will go to the individual and the team with the highest Total Minutes. There will also be braggin' rights for those teams that have 100% of their team earning at least 100 minutes of cardio and 50 minutes of strength for a total of 150 minutes each week for 7 out of the 8 weeks (since one week is a bye).

Activity during work: Many of you do physical work as a regular part of your duties. Activity performed during the course of a normal work day, including walking to and from your car, will not count. However, if you walk on your break or walk instead of driving for a work errand, that will count.

Exercise minimum: You must exercise at least three times each week of the Challenge. You must also exercise for a minimum of 10 minutes at a time.

Register: You can register with your team captain, OR, if you prefer to go solo, please send your form to Theresa Ebeling at ebelinta@kirkwoodmo.org. **All registration forms are due Wednesday, April 3.** (Late registrations accepted until April 11)

Get ready and let's make this year's challenge the best one yet!

REGISTRATION FORM

Full Name :

Email : Phone :

Team Name (or Department Name if Individual):

Employee Name & Department if Family:

DISCLAIMER: By signing this, you indicate you have read all the program rules in their entirety and fully understand and agree to the terms, and that all questions have been answered. You also agree that all exercise and participation in this program is done at the risk of the participating individual, including the final celebration. You are giving your consent to waive liability from the City of Kirkwood, BJC HealthCare, and all parties associated with them, for personal injury including bodily injury and death.

If you have any medical concerns that may impact your participation in the Kirkwood Employee Fitness Challenge, please contact your physician before participating. Must be 18 or older to participate.

Signature: Date: