



Fitness PLUS Challenge

August 20th – October 14th 2018

An 8-week team challenge to obtain the most physical activity and equivalent weekly challenge minutes.

How it works:

- Teams are self-created; up to six peers/co-workers to a team.
 - You may have less than six, but know that you will be at a disadvantage with fewer teammates.
 - If you would like to be added to a team or need more team members, contact your Wellness Coordinator to make arrangements.
- Each team needs a name and a team captain.
 - The team captain is the go-between with the wellness coordinator for weekly log sheets and challenge information.
- Team members will keep track of their own minutes of physical activity and completion of weekly challenges on the Participant Log Sheet weekly, from Monday to Sunday. At the end of the week, team members will submit their minutes to their team captain.
- Team captains total all team member minutes, and any completion of weekly challenges, on the Captain Log Sheet and submit them to the Wellness Coordinator by Wednesday following the completion of the week.
 - One week of logging is Monday through Sunday.
 - Bonus minutes for completion of weekly challenges will be added to team's total by the Wellness Coordinator.
 - If additional time is needed to submit minutes on any given week, please arrange with Wellness Coordinator.
- Totals will be kept and tallied throughout the weeks by the Wellness Coordinator and the team at the end of the eight weeks with the most minutes wins!

DEFINITION OF PHYSICAL ACTIVITY:

Minutes are logged for any **PURPOSEFUL & INTENTIONAL** movement on your own time, outside of normal, everyday activities. Movement that is part of your everyday job tasks will not count. If you walk, run, hike, bike, swim, ski, kayak, raft, yoga, karate, dance, play sports, Wii, hacky-sack, etc...these are all physical activity minutes you can count.

To request this information in an alternate format, please call (541) 617-4747 or send email to accessibility@deschutes.org.

Eligibility to Use the DOC: Anyone enrolled in the County Employee Benefits Plan, including employees (and their dependents) of Deschutes County or COIC, retirees, and people enrolled in COBRA coverage may use the DOC. The clinic practitioners will see adults and children ages two years and older.





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Weekly challenges: Each week, there will be a weekly challenge that team members can participate in to receive extra minutes added to their team’s total. Not all team members have to do the challenge, but there will be additional points for those teams where all members complete the challenge.

Note: Bonus minutes from challenge completion is what helped the top teams win last year! See below for an outline of the weekly challenges. These will be sent with more detail to team captains prior to the start of each week.

OUTLINE	CHALLENGES
WEEK 1 8/20-8/26 Submit log by 8/29	Hydration Challenge: Goal is 8 cups of water per day, or 64 ounces, for all seven days of the week to receive bonus minutes.
WEEK 2 8/27-9/2 Submit log by 9/5	Local Food Support: Visit a farmer’s market, farm stand, local farm or ranch. Submit a picture for bonus minutes.
WEEK 3 8/20-8/26 Submit log by 8/29	Pilot Butte Challenge: Submit a picture taken from the top of Pilot Butte. If the whole team gets up the butte together receive additional bonus minutes. If you do not live in Bend, ascend to a similar peak for a picture.
WEEK 4 9/3-9/9 Submit log by 9/12	Recipe Challenge: Try one new-to-you recipe this week, submit picture of the dish for bonus minutes.
WEEK 5 9/17-9/23 Submit log by 9/26	Wellness Fair! Attend the Wellness Fair on September 22nd, or visit the Pavilion in Bend on your own. If you do not live in Bend, visit a local park for recreation and submit a picture for bonus minutes.
WEEK 6 9/24-9/30 Submit log by 10/3	Drive Less Challenge: Participate, to any degree, in logging your trips by foot, bike or bus during the Commute Options Drive Less Challenge (runs September 16th-30th). Sign up and log at drivelessconnect.com .
WEEK 7 10/1-10/7 Submit log by 10/10	Meditation Challenge: Sit quietly or do leisure movement alone for 5 minutes a day this week to receive bonus minutes.
WEEK 8 10/8-10/14 FINAL LOG by 10/17	Team Togetherness: Anything you do together as a team (ex= go for coffee, picnic, walk break...) counts. Celebrate your completion of the fitness plus challenge! Receive bonus minutes on a scale based on number of team members who participate.

AWARDS

Prizes go to the #1 and #2 teams with the most minutes at the end of the eight weeks. All teams who complete the full eight weeks will also receive something fun!

