



Adult Staff Fitness/Wellness Challenge

What is it? For one month we will log our fitness and various healthy activities to promote overall wellness.

Why? To support, motivate, compete, and push each other to put our health first. To create an exciting energy here at TJMS where we all, students and staff, are focused on our health!

When: February 26th–March 22nd

How: Keep track of your steps using a pedometer, smart watch, or phone. You can also track miles and convert to steps if you'd like to participate in the challenge. Everyone that tracks their fitness will have their names put in for a weekly drawing.

Cost: \$5.00



- All money will be used for prizes.
- All participants will also qualify for Fitness Fridays/Casual Wear days. In other words, if you pay to play, you get to wear comfy clothes on Fridays.

What are the prizes? Rewards? Incentives? Again, there will be multiple challenges going on.

- **Prize 1:** Good health. Sense of accomplishment. Team spirit. Support/Comradery. Pride.
- **Prize 2:** You get to wear casual/comfy/fitness clothes on Fridays.
- **Prize 3:** You get to work out with your students and be a good-health role-model!
- **Prize 4:** Everyone that follows through with logging their activity gets to have their name put into a drawing for a **prize!** WooHoo **(Random Drawing) (Weekly!)**.
- **Prize 5:** There will be a **leaderboard**—this one is for the competitive peeps. The **top steppers** will win **cash money**. (No winner can win back to back weeks.)

How will activity be tracked? (Staff only)

1. **Google Form:** We will log our steps DAILY. (To be eligible for step contest, must log DAILY so that competitors can see...
2. **Fitness Trackers**—There will a step challenge and a log.
3. **If no step counter**, teachers can track exercise time. **30 minutes** = 2000 steps
4. **GPS:** If you use your phone, a watch, or exercise equipment, you can track your **miles**. (1 mile = 2000 steps)
5. **Bonus Miles:**
 - Water Intake (8 cups) = 1,000
 - Veggies (3 servings) = 1,000 steps
 - Fruit (2 Servings) = 1,000 steps
 - Low Intensity Workout (ex. strength training = 1,000 steps per 15min
 - High Intensity Workout (ex. cycling) = 2,000 steps per 15min
 - Sugar Free Day: = 1000 steps

How to Sign Up: Please sign the form and put \$5.00 in the envelope in Nirode's mailbox. When we get closer to the start of the challenge, a link to the google doc will be sent. Find all information at:

<https://tjmsmillionmilerace.jimdo.com/>

You with Us?

