CARDINAL FIT CHALLENGE

February 8, 2016 – April 29, 2016

GUIDELINES

**Accountability** - You will give yourself one point per week if you complete the three following requirements:

1. Minimum weekly physical activity requirement – at least 2.5 hours of physical activity*.

2. Minimum weekly nutritional requirement - choose one of the following goals each week:
   - Eat a combination of at least 4 servings of fruits and/or vegetables a day.
   - Reduce sodium intake to less than 2,300 milligrams daily.
   - Eat breakfast every day and include 15 grams of protein.
   - Consume at least half of all grains as whole grains for the week.
   - Go meatless four days a week.
   - For dairy products, eat/drink only fat-free and low-fat products for the week.
   - Drink at least eight glasses (8 ounces each) of water a day for the week.
   - If you drink soda daily, cut your consumption in half each day for the week.

3. Weekly self-care requirement: read one article of your choice regarding self-care. Here are some links for you to get started.

   - [http://adultfitness.blogs.wesleyan.edu/](http://adultfitness.blogs.wesleyan.edu/)
   - If a CIGNA participant -  [https://my.cigna.com/web/public/guest](https://my.cigna.com/web/public/guest)
   - Wesleyan’s EAP- (Username: wesleyan university  Password: guest)  [www.lifeScopeEAP.com](http://www.lifeScopeEAP.com)

**Bonus points** – There will be bonus goals throughout the Challenge. If you reach the goal, you can earn one point per bonus challenge.

**Prizes** – In May, you will receive one raffle ticket for each point that you earn. So, the more points you earn, the better chance you will have to win a prize. Prizes will include gift cards, fitbits, wellness gifts and some surprises!
Sign Up - If you would like to participate, please email wellness@wesleyan.edu as soon as possible no later than 2/7/2016. You will be responsible for maintaining your scorecard and submitting your total points at the end of the Challenge. The goal is to improve and maintain healthy habits so this is all about the honor system.

* Exercise should include a moderate or vigorous activity level for your personal abilities.
   Exercise can include any combination of aerobic or muscle strengthening activities.
   Examples of aerobic activities include, but are not limited to, walking, jogging, biking, dancing
   Examples of muscle strengthening activities include, but are not limited to, yoga, Pilates, and weight-lifting

**Participation in this Challenge does not preclude your participation in the Wesleyan Points Program. You can use some of these same activities in your Points Program log and earn points there also.**