

2nd Annual

Auggies Vs. Tommies Fitness Challenge

Ready for another challenge to boost your exercise level during the cold winter months?

St. Thomas is challenging the Auggies once again to see who is more physically active. If you recall last year, **WE beat the Tommies** and want to win again this year. Are you up to the challenge?

What: 9 weeks of competition counting minutes you work out in a week.

Who: Any faculty and staff

When: Starting February 16 – April 19 (9 weeks)

Where: Any where you want to work out.

How: You must do a minimum of 10 minutes of continuous exercise at one time to make it count (see a list of suggested activities below). We will add up the weekly TOTALS and after 9 weeks of competition the school that has won the most weeks is the winner.

Rules of the Competition:

- 1) Sign up by sending enke@augsborg.edu an email that says you are interested in participating.
- 2) You will keep track of the number of minutes you work out in a week and then report them in **points**:
 - 30 minutes of exercise per day = 1 point
 - 60 minutes of exercise per day = 2 points
 - 2 points maximum per day:
 - 14 points maximum you can report per week
- 3) A week starts on Wednesday and ends on Tuesday at midnight.
- 4) You must submit via email the total points you worked out in that week by Wednesday @ 1 p.m. No entries will be allowed after Wednesday @ 1 p.m.
- 5) In the email you send weekly, **type the total number of points in the SUBJECT line and hit send** – no other info is needed.
- 6) Submit weekly – see schedule below. If you miss reporting your total by Wednesday @ 1 p.m., then don't bother submitting your points for that particular week. However, you could participate the following week but you will not be allowed to use any points from the previous week.
- 7) This is a fun competition between Augsburg and St. Thomas but the main goal is to get folks motivated to add some physical activity into your weekly routine and get you moving in the doldrums of winters.
- 8) Every week we will announce the school winner.
- 9) Folks can join in at any time in the program and their minutes start at that particular point.

Suggestions for Activities

Biking	Stretching	Sledding	Weight training
Dancing	Swimming	Skiing	Yoga
Gardening	Shoveling	Snowboarding	(Sorry, house cleaning doesn't count)
Running	Snowshoeing	Walking	
Pilates	Skating	Walking your dog	

Weeks of competition

Week #1: Wed, February 16, ends Tue, February 22
Week #2:: Wed, February 23, Tues, March 1
Week #3: Wed, March 2, ends Tues, March 8
Week #4: Wed March 9, ends Tues, March 15
Week #5: Wed, March 16, ends Tues, March 22

Week #6: Wed, March 23, ends Tues, March 29
Week #7: Wed, March 30 ends Tues, April 5
Week #8: Wed, April 6, ends Tues, April 12
Week # 9: Wed, April 13, ends Tues, April 19

(This competition is sponsored by the UST Health and Human Performance Department and the Augsburg College Fac/Staff Fitness Wellness Program)

GO AUGGIES!