



## 2015 County Wide Fitness Challenge

### Team Score Card (For the team captain)

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

Town or Village \_\_\_\_\_

Team Category \_\_\_\_\_

(Mild Activity / Moderate Activity / Vigorous Activity/Student)

Team Member Name	Week 1 April 6-12	Week 2 April 13-19	Week 3 April 20-26	Week 4 April 27- May 3	Week 5 May 4-10	Week 6 May 11-17	Total
<b>TEAM TOTAL</b>							

**\*\*\*There is no maximum limit on the number of points each person can score per day or per week.**

**\*\*\*Email your team totals to Christina Richmond, her email [vulcanfitness@gmail.com](mailto:vulcanfitness@gmail.com) by midnight on the Wednesday of each week of the challenge in order to be counted. For example, week one points need to be reported by midnight on April 15 in order to be counted and so on.**

**IF YOU DON'T REPORT YOUR POINTS ON TIME, THEY WILL NOT BE COUNTED.**





## 2015 County Wide Fitness Challenge

### Team Information

Name of Team: \_\_\_\_\_

Name of Team Members:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Name of Captain: \_\_\_\_\_  
*(Captain should have access to Email or Facebook)*

Team Category (circle one)

Mild Activity    Moderate Activity    Vigorous Activity    Student

Contact email address for the Team Captain: \_\_\_\_\_  
Captain telephone numbers: Home \_\_\_\_\_ Cell \_\_\_\_\_

Payment of \$10/person (\$40 per team) \_\_\_\_\_

**\*\*Please make cheques payable to the [Vulcan County Health and Wellness Foundation](#)**

**\*\*We have a Celebration to award all the prizes after the Fitness Challenge is over. Would your team be willing to donate a door prize to the Fitness Challenge? \_\_\_\_\_**





## 2015 County Wide Fitness Challenge

### Registration and Release Form

Name: \_\_\_\_\_

Age:  12 and under  46-55  
 13-18  56-65  
 19-35  66-75  
 36-45  Over 75

T-shirt size: (Please circle one)

Adult size:            Sm    Med    Lg    XLg    XXLg    XXXLg  
Children size:        Sm    Med    Lg

Village/Town: \_\_\_\_\_ Telephone: \_\_\_\_\_

How did you hear about the fitness challenge? \_\_\_\_\_

I acknowledge that the Vulcan County Health and Wellness Foundation are not responsible for any health related risks associated with my participation in the Fitness Challenge. I release Vulcan County Health and Wellness Foundation and all of its employees or volunteers from any liability associated with my participation in the Fitness Challenge. I further acknowledge that my participation in the Fitness Challenge is purely voluntary and that the Fitness Challenge is a recreational activity. Any suggested activities or bonus points are undertaken at your own risk. If I have any health concerns I will seek advice from my family physician before making changes to my levels of physical activity.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Signature of parent/guardian if participant is under 18: \_\_\_\_\_

Date: \_\_\_\_\_





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### Registration and Release Form

Name: \_\_\_\_\_

Age:  12 and under  46-55  
 13-18  56-65  
 19-35  66-75  
 36-45  Over 75

T-shirt size: (Please circle one)

Adult size:            Sm    Med    Lg    XLg    XXLg    XXXLg  
Children size:        Sm    Med    Lg

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Signature of **parent/guardian** if participant is under 18: \_\_\_\_\_

Date: \_\_\_\_\_





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### Registration and Release Form

Name: \_\_\_\_\_

Age:

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| <input type="checkbox"/> 12 and under | <input type="checkbox"/> 46-55   |
| <input type="checkbox"/> 13-18        | <input type="checkbox"/> 56-65   |
| <input type="checkbox"/> 19-35        | <input type="checkbox"/> 66-75   |
| <input type="checkbox"/> 36-45        | <input type="checkbox"/> Over 75 |

T-shirt size: (Please circle one)

Adult size:            Sm    Med    Lg    XLg    XXLg    XXXLg  
Children size:        Sm    Med    Lg

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T-shirt size: (Please circle one)

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Date: \_\_\_\_\_





## 2015 County Wide Fitness Challenge

Welcome to the 2015 community wide fitness challenge. These six weeks of fun are designed to motivate us to be more active and therefore healthier people.

**The challenge starts on Monday April 6th and ends on Sunday, May 17th.**

**A celebration party will be held at the end of the challenge to announce the winners and celebrate our success!** (Details will be communicated through your team captain at a later date.)

### Instructions:

- Teams will consist of 4 individuals. If you do not have a team of 4 you can still register and we will put you on a team.
- Please fill out the forms in this package and return them with your payment. Registration is \$40 per team (\$10.00 per person) and cheques must be made payable to the Vulcan County Health and Wellness.
- The Registration deadline is March 26<sup>th</sup>. Mass registration will be at the Vulcan Business Development Office on Thursday March 24<sup>th</sup> between 4:00 pm and 6 pm.
- Registration forms and fees can also be turned in at the following locations anytime before March 26:
  - Vulcan County Health and Wellness located in the Vulcan Business Development Office, 110 1<sup>st</sup> Ave S., Vulcan, AB T0L 2B0.
  - Bonnie Ellis, Vulcan Recreation Office, Town of Vulcan Office.
  - Kari Thiessen, Vulcan Hospital
- **The point system**  
Your team will place itself in one of the four team categories which best matches the type of physical activity you like to do!  
Because your team is competing against teams with a similar activity level, there is no limit on the number of points you can earn each day or week.  
Bonus points can be earned by getting caught being physically active while wearing your T-shirt and by participating in the Healthy Choice Weekly option (see 'Point System' pages for more details).
- Keep track of your own points and report them to your team captain at the end of each week. The week runs from Monday to Sunday.
- Team captains need to report team points to Christina Richmond (email is vulcanfitness@gmail.com ) by midnight on the Wednesday after each week of the challenge in order to be counted. So for example, week one points need to be reported by midnight on April 15<sup>th</sup> in order to be counted and so on.

**IF YOU DON'T REPORT YOUR POINTS ON TIME, THEY WILL NOT BE RECORDED.**

- **Talk to your family physician before starting any diet or exercise program.**
- **The fitness Challenge is to promote extra effort from your daily routine, so keep in mind 30 minutes of consecutive exercise outside your work or school.**
- Please fill out your t-shirt size on your registration. You will receive your t-shirt at, or shortly after, the start date.

**Any questions throughout the fitness challenge can be emailed to  
Deb Hartung at [ychw.foundation@gmail.com](mailto:ychw.foundation@gmail.com) or call (403-485-3147)  
(Deb works part time and will return your emails and calls when she is in her office.)**



## 2015 County Wide Fitness Challenge

### Point System

#### How many points do we earn for being physically active?

##### All Participants

30 minutes of physical activity at a moderate intensity = 10 points

Remember: Any 30 minutes of consecutive activity outside of work or school.

#### What does “moderate intensity” mean?

Do the “talk test” – If, while you are being physically active, you can carry on a conversation, but could not sing, you are working moderately hard. That’s moderate intensity.

Moderate intensity physical activities will cause adults to sweat a little and to breathe harder.

#### Is there a limit as to how many points I can earn for my team each day?

There is no limit.

#### Is there a limit as to how many points I can earn for my team each week?

There is no limit.

#### Does this mean that teams of otherwise sedentary people will compete against teams of marathon runners?

No, we are asking teams to sign up under one of three categories, mild, moderate and vigorous activity and Students will have their own category.

As a team, you get to decide which category you wish to compete in. Ask yourselves:

What is the average activity level of the members in our team?

What category do we fit in?

What category of teams do we want to compete against?

If we win this category, will we feel proud of our accomplishment?

## What do these categories mean?

### **Mild Activity**

Little to no regular physical activity all the way to moderate physical activity for at least 30 minutes, 1 to 3 times per week.

### **Moderate Activity**

Intensive physical activity for at least 30 to 60 minutes, 3 to 4 times per week. Use the 'talk test'. If you can carry on a conversation but could not sing, you are working moderately hard.

### **Vigorous/Intensive Activity**

Intensive physical activity for 60 minutes or greater, 5 to 7 days per week. Use the 'talk test'. If you cannot carry on a fluid conversation without taking a breath after a few words, you are working vigorously/intensely.

### **Student Activity**

After school sports, weekend games or any other activity outside of school hours.

**Remember: ANY 30 consecutive minutes outside of work or school.**

## **Bonus Points!**

If you get "caught" being active in your t-shirt, you will earn 10 extra points for your team that day. Various "watch dogs" will be appointed throughout the six weeks. You will not know who they are or where they are, but you will be handed a 10 point bonus slip, and your name recorded. (we do have a few "watch dogs" so if you get stopped twice in week just let them know you have already got your bonus for this week.) You can earn 10 extra points a week by participating in the *Weekly Healthy Choice*. This will change every week, team captains will be notified of what the choice is for the following week and it will be posted on the Website and Facebook page.

## **How are the points collected?**

Keep track of your own points and report them to your team captain at the end of each week. The week runs from Monday to Sunday.

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## **What if I have more questions?**

Any questions throughout the fitness challenge can be emailed to: Deb Hartung at [vchw.foundation@gmail.com](mailto:vchw.foundation@gmail.com) or call (403-485-3147) (Deb works part time and will return your emails and calls when she is in her office.)



## 2015 County Wide Fitness Challenge

### Team Categories

**Start off with choosing one of the three categories that you think meets your current fitness level is:**

#### **Mild Activity**

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**As a team, you get to choose which category of teams you will compete against.**

As you decide which category you wish to compete in, ask yourselves:

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There is no one right category for your team. Make a team decision and have fun.

#### **Why the categories?**

Your team will be competing against others teams that have similar activity levels. We did this to simplify the point system and to encourage everyone to be as physically active as possible.





## 2015 County Wide Fitness Challenge

### Personal Score Card

Participant Name \_\_\_\_\_

Team Captain \_\_\_\_\_

(Submit your total points to your team captain every week.)

	Week 1 Apr 6-12	Week 2 Apr 13-19	Week 3 Apr 20-26	Week 4 Apr 27- May 3	Week 5 May 4 - 10	Week 6 May 11- 17	Total
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Bonus Points for being "caught"							
5 or more checks a week for the Healthy Choice Bonus (10 BonusPoints)	✓	✓	✓	✓	✓	✓	
Your TOTAL points							

Remember: ANY 30 consecutive minutes outside of work or school.

\*\*\*There is no maximum limit on the number of points each person can score per day or per week.

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# 2015 County Wide Fitness Challenge Evaluation

Thank you for completing this at the end of the Fitness Challenge.

1. This challenge has helped me become more physically active.

Agree		Undecided		Disagree
5	4	3	2	1

Comments: \_\_\_\_\_

2. I plan to continue to be physically active even though the challenge is over.

Agree		Undecided		Disagree
5	4	3	2	1

Comments: \_\_\_\_\_

3. I feel as though I have improved in the following areas since the beginning of the Fitness Challenge.

(Please check all that apply)

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Increased energy | <input type="checkbox"/> Increased self-esteem | <input type="checkbox"/> Improved body image |
| <input type="checkbox"/> Improved balance | <input type="checkbox"/> Improved muscle tone  | <input type="checkbox"/> Lost weight         |

Other: \_\_\_\_\_

4. Six weeks for this Fitness Challenge was:  Too little time  Just Right  Too long

5. I would participate in the county wide fitness challenge again next year.

Agree		Undecided		Disagree
5	4	3	2	1

Comments: \_\_\_\_\_

6. The best time of year for a County Wide Fitness Challenge is: \_\_\_\_\_

7. Do you have any stories from your experience in this Fitness Challenge that you would like to share?  
The success of a program is sometime best told through stories.

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5	4	3	2	1

Comments: \_\_\_\_\_

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(Please check all that apply)

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Other: \_\_\_\_\_

**4. Six weeks for this Fitness Challenge was:**     Too little time     Just Right     Too long

**5. I would participate in the county wide fitness challenge again next year.**

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**6. The best time of year for a County Wide Fitness Challenge is:** \_\_\_\_\_

**7. Do you have any stories from your experience in this Fitness Challenge that you would like to share?**  
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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





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Moderate intensity physical activities will cause adults to sweat a little and to breathe harder.

#### Is there a limit as to how many points I can earn for my team each day?

There is no limit.

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If we win this category, will we feel proud of our accomplishment?

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### **Mild Activity**

Little to no regular physical activity all the way to moderate physical activity for at least 30 minutes, 1 to 3 times per week.

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Intensive physical activity for at least 30 to 60 minutes, 3 to 4 times per week. Use the 'talk test'. If you can carry on a conversation but could not sing, you are working moderately hard.

### **Vigorous/Intensive Activity**

Intensive physical activity for 60 minutes or greater, 5 to 7 days per week. Use the 'talk test'. If you cannot carry on a fluid conversation without taking a breath after a few words, you are working vigorously/intensely.

### **Student Activity**

After school sports, weekend games or any other activity outside of school hours.

**Remember: ANY 30 consecutive minutes outside of work or school.**

## **Bonus Points!**

If you get "caught" being active in your t-shirt, you will earn 10 extra points for your team that day. Various "watch dogs" will be appointed throughout the six weeks. You will not know who they are or where they are, but you will be handed a 10 point bonus slip, and your name recorded. (we do have a few "watch dogs" so if you get stopped twice in week just let them know you have already got your bonus for this week.) You can earn 10 extra points a week by participating in the *Weekly Healthy Choice*. This will change every week, team captains will be notified of what the choice is for the following week and it will be posted on the Website and Facebook page.

## **How are the points collected?**

Keep track of your own points and report them to your team captain at the end of each week. The week runs from Monday to Sunday.

Team captains need to report their team points to Christina Richmond (e-mail is [vulcanfitness@gmail.com](mailto:vulcanfitness@gmail.com)) every week. Christina needs to receive these by midnight, on the following Wednesday, in order to be counted.

## **What if I have more questions?**

Any questions throughout the fitness challenge can be emailed to: Deb Hartung at [vchw.foundation@gmail.com](mailto:vchw.foundation@gmail.com) or call (403-485-3147) (Deb works part time and will return your emails and calls when she is in her office.)



## 2015 County Wide Fitness Challenge

### Team Categories

**Start off with choosing one of the three categories that you think meets your current fitness level is:**

#### **Mild Activity**

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As you decide which category you wish to compete in, ask yourselves:

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There is no one right category for your team. Make a team decision and have fun.

#### **Why the categories?**

Your team will be competing against others teams that have similar activity levels. We did this to simplify the point system and to encourage everyone to be as physically active as possible.





## 2015 County Wide Fitness Challenge

### Personal Score Card

Participant Name \_\_\_\_\_

Team Captain \_\_\_\_\_

(Submit your total points to your team captain every week.)

	Week 1 Apr 6-12	Week 2 Apr 13-19	Week 3 Apr 20-26	Week 4 Apr 27- May 3	Week 5 May 4 - 10	Week 6 May 11- 17	Total
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Bonus Points for being "caught"							
5 or more checks a week for the Healthy Choice Bonus (10 BonusPoints)	✓	✓	✓	✓	✓	✓	
Your TOTAL points							

Remember: ANY 30 consecutive minutes outside of work or school.

\*\*\*There is no maximum limit on the number of points each person can score per day or per week.

\*\*Your team captain must email your team points to Christina Richmond [vulcanfitness@gmail.com](mailto:vulcanfitness@gmail.com) by midnight on the Wednesday of each week of the challenge in order to be counted. For example, week one points need to be reported by midnight on April 16<sup>th</sup> in order to be counted and so on. **IF THE TEAM POINTS ARE NOT EMAILED ON TIME, THEY WILL NOT BE COUNTED.**



## 2015 County Wide Fitness Challenge Evaluation

Thank you for completing this at the end of the Fitness Challenge.

1. This challenge has helped me become more physically active.

Agree		Undecided		Disagree
5	4	3	2	1

Comments: \_\_\_\_\_

2. I plan to continue to be physically active even though the challenge is over.

Agree		Undecided		Disagree
5	4	3	2	1

Comments: \_\_\_\_\_

3. I feel as though I have improved in the following areas since the beginning of the Fitness Challenge.

(Please check all that apply)

<input type="checkbox"/> Increased energy	<input type="checkbox"/> Increased self-esteem	<input type="checkbox"/> Improved body image
<input type="checkbox"/> Improved balance	<input type="checkbox"/> Improved muscle tone	<input type="checkbox"/> Lost weight

Other: \_\_\_\_\_

4. Six weeks for this Fitness Challenge was:  Too little time  Just Right  Too long

5. I would participate in the county wide fitness challenge again next year.

Agree		Undecided		Disagree
5	4	3	2	1

Comments: \_\_\_\_\_

6. The best time of year for a County Wide Fitness Challenge is: \_\_\_\_\_

7. Do you have any stories from your experience in this Fitness Challenge that you would like to share?  
The success of a program is sometime best told through stories.

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## 2015 County Wide Fitness Challenge

Welcome to the 2015 community wide fitness challenge. These six weeks of fun are designed to motivate us to be more active and therefore healthier people.

**The challenge starts on Monday April 6th and ends on Sunday, May 17th.**

**A celebration party will be held at the end of the challenge to announce the winners and celebrate our success!** (Details will be communicated through your team captain at a later date.)

### Instructions:

- Teams will consist of 4 individuals. If you do not have a team of 4 you can still register and we will put you on a team.
  - Please fill out the forms in this package and return them with your payment. Registration is \$40 per team (\$10.00 per person) and cheques must be made payable to the Vulcan County Health and Wellness.
  - The Registration deadline is March 26<sup>th</sup>. Mass registration will be at the Vulcan Business Development Office on Thursday March 24<sup>th</sup> between 4:00 pm and 6 pm.
  - Registration forms and fees can also be turned in at the following locations anytime before March 26:
    - Vulcan County Health and Wellness located in the Vulcan Business Development Office, 110 1<sup>st</sup> Ave S., Vulcan, AB T0L 2B0.
    - Bonnie Ellis, Vulcan Recreation Office, Town of Vulcan Office.
    - Kari Thiessen, Vulcan Hospital
  - **The point system**  
Your team will place itself in one of the four team categories which best matches the type of physical activity you like to do!  
Because your team is competing against teams with a similar activity level, there is no limit on the number of points you can earn each day or week.  
Bonus points can be earned by getting caught being physically active while wearing your T-shirt and by participating in the Healthy Choice Weekly option (see 'Point System' pages for more details).
  - Keep track of your own points and report them to your team captain at the end of each week. The week runs from Monday to Sunday.
  - Team captains need to report team points to Christina Richmond (email is vulcanfitness@gmail.com ) by midnight on the Wednesday after each week of the challenge in order to be counted. So for example, week one points need to be reported by midnight on April 15<sup>th</sup> in order to be counted and so on.
- IF YOU DON'T REPORT YOUR POINTS ON TIME, THEY WILL NOT BE RECORDED.**

- **Talk to your family physician before starting any diet or exercise program.**
- **The fitness Challenge is to promote extra effort from your daily routine, so keep in mind 30 minutes of consecutive exercise outside your work or school.**
- Please fill out your t-shirt size on your registration. You will receive your t-shirt at, or shortly after, the start date.

**Any questions throughout the fitness challenge can be emailed to  
Deb Hartung at [ychw.foundation@gmail.com](mailto:ychw.foundation@gmail.com) or call (403-485-3147)  
(Deb works part time and will return your emails and calls when she is in her office.)**



## 2015 County Wide Fitness Challenge

### Point System

#### How many points do we earn for being physically active?

##### All Participants

30 minutes of physical activity at a moderate intensity = 10 points

Remember: Any 30 minutes of consecutive activity outside of work or school.

#### What does “moderate intensity” mean?

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Agree Undecided Disagree  
5 4 3 2 1

Comments: \_\_\_\_\_

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(Please check all that apply)

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Other: \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

