2025 Fitness Challenge Rules/FAQ

1. **Sign up as an INDIVIDUAL or a TEAM!** Keep track of how many hours you are exercising each week.

2. **What activities count for exercise?** Activities that improve your cardiovascular fitness, endurance, flexibility or strength! (running, lifting weights, exercise classes, yoga, fitness walking, biking, recreational or intramural games, using exercise machines, swimming, hiking, and athletic club practices/games.

3. **Teams may have 2-7 members!** Multiple teams are allowed per organization or department. Weekly averages are calculated by the total number of hours exercised per team divided by the number of team members.

4. When choosing a Team Level, please **HONESTLY** select the level that best represents most of your members. **Your team will be moved up a level** if your averages are much higher than the level you signed up for.

5. **Recording Hours:** Each participant is responsible for submitting their own hours (**rounded to the nearest quarter hour.**) We will email all participants a google sheet for logging. Hours should be updated regularly and **must** be complete at the midpoint of the Challenge (April 15th) and at the end of challenge (April 30th). Email reminders will be sent with Fitness Challenge updates and standings.

6. **How are the winners determined? TEAMS** with the highest averages of hours per week at the Beginner, Intermediate, and Advanced levels will win an award and bragging rights! **INDIVIDUALS** (who are not on a team) who complete the whole Fitness Challenge and meet the workout goal they pre-set will also win an award.

7. **HAVE FUN!** Follow **@healthygeneseo** instagram and post your fitness challenge adventures and updates!   **#geneseofitchallenge**

Questions? Email: hguards@geneseo.edu or mintond@geneseo.edu

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