

ACC Fitness Challenge

The Goal:

To find a healthy, fun, and rewarding activity that will facilitate fitness in your life. Okay, there are prizes too!

How to Participate:

The ACC Fitness Challenge is open to all ACC employees. It is easy to get started – you just need this instruction sheet and the point check-off list to participate. After completing the requirements, simply submit your check-off list to Alisol Martinez in HR Benefits by the deadline.

The Plan:

Find healthy activities from the check-off list that interest you and spend a minimum of 30 minutes on each activity in order to achieve points. Points vary by activity and length of time spent on the activity.

Calculate the number of points for each activity by multiplying the point value for 30 minutes times the number of units. (Ex: Aerobics have a 30 minute unit value of 2.5. If you did aerobics for one hour, you would have completed two 30 minute units, equaling a total of 5 points.) The spreadsheet will calculate this for you if you enter the number of units. The spreadsheet will also calculate the total number of hours and points at the bottom of the second page.

To complete the challenge participants must have a minimum total of 10 hours of activity **and** a minimum of 20 points.

Prizes:

Participate and you will be entered into a drawing to receive one of the following prizes:

- A 30 day trial membership with Gold's Gym
- Gift Card to Trudy's
- \$25 Visa Gift Card
- Zumba Class Vouchers at Curves

Submission Deadline:

Completed Point Check-Off Lists must be submitted to Alisol Martinez in HR Benefits by May 27, 2011 by 5 pm. Completed Check-Off Lists must have the following:

- Employee Name
- Employee ID
- A Minimum of 10 Hours of Activity
- A Minimum of 20 Points

Drawing Date:

The Drawing for prizes will be held on Monday, June 6, 2011 at noon. Winners will be notified by ACC email.