10,000 Step Challenge

2013

Dear 10,000 Step Challenge Competitor,

Hello and Congratulations! You have decided to participate in our annual competition hosted by the James G. Mill Center for Health & Fitness. By choosing to participate you have taken the first step to a better you! Whether you are currently working out or new to the fitness world, you have everything to gain by increasing your fitness levels. Please don't feel discouraged or overwhelmed. WE are here for you!

On the following pages you will notice helpful resources and important information to help your competition to be a success. Please remember that if you have any questions or concerns feel free to contact one of us!

Good Luck,

Kelly Gibson

k.gibson@iup.edu

Andrea Miller

a.n.miller3@iup.edu

Sin-Wook Yoo

cjxp@iup.edu

Guidelines for 10,000 Step Challenge:

1. Everyone who enters the 10,000 Step Challenge will receive a pedometer to count their steps. The pedometer should be worn at waist level or it will not work properly.

2. We EXPECT that all participants record their steps honestly.

3. Every other week there will be a prize given to the person who improves the most in their step count from the week before.

4. The person with the most steps at the end of the 8 weeks will win! The entrance fee of $15 will be due at registration or you will not be entered into the challenge. For non-members the fee will be $15 plus $20 to access the gym for 8 weeks and $30 to access the gym for ten weeks. .

5. The 10 week challenge will run from January 21st to April 1st. The 8 week challenge will run from February 4th to April 1st. .

6. We expect all challengers to turn in their step log at the end of each week, so that steps can be counted. Step logs WILL NOT be accepted if more than 2 weeks have passed.

7. Challengers will not be able to withdraw from the program after the second week of the competition. Also, any challenger that withdraws from the program will not receive a refund for the purchase of a gym membership.

7. Any of the student workers should be able to answer any questions concerning fitness and exercise…If not please contact Kelly Gibson at (724) 357-6251, Andrea Miller at (724) 357-2630, or Sin-Wook Yoo at (724)357-2630.

8. There will be two winners: 1 male and 1 female for both the 10 week and 8 week challenge! The prizes this year are a free one year membership and a fitness gift basket!

9. Have fun!!!!!

Thank you and good luck to ALL!!!

Questions about Diet and Nutrition?

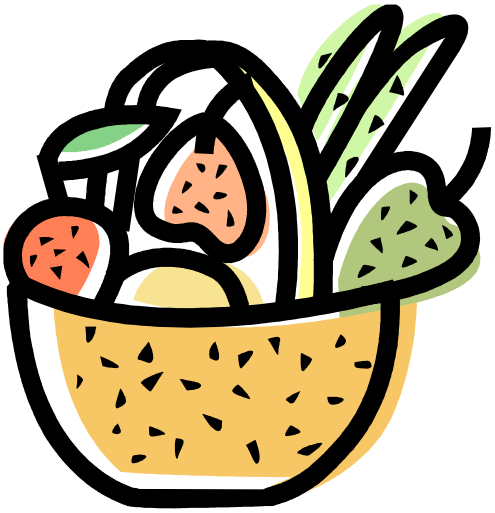
Please contact:

Community Nutrition Services

724-357-4357

Or visit them online:

http://www.iup.edu/foodnutrition



10,000 Step Challenge Registration Form

Name: _____

Date of Birth: _____

Address: _____

Email: _____

Phone number: _____

Emergency Contact: _____

10 Week Challenge_____ 8 Week Challenge _____

Current Fitness Center Member: Yes No

If no, joining Fitness Center: Yes No N/A

Staff Use:

Amount Paid:_____

Type of Payment _____

Date:_____

Prepared by:_____