

## Live Fit for Life Challenge Rules

### 1. The Basics.

**Team Members.** Teams of 4-8 AgCenter unit employees, one of whom serves as team captain.

**Timeframe.** Challenge kick-off - Thursday, April 1, 2008.

Teams begin logging weekly results - Monday, April 7. Last date to enter - Monday, April 28.

Challenge ends - last week of September.

**Challenge Web Site.** Will contain all challenge information - enrollment (data entered by team captain), logging, tracking, points, and resource material - [www.lsuagcenter.net/livefit](http://www.lsuagcenter.net/livefit)

**Challenge Categories.** Nutrition and Physical Activity (NPA) track and optional Weight Loss (WL) track. NPA will have a Nutrition category (consumption of fruits and vegetables) and a Physical Activity category (walking based on daily steps and exercise). NOTE: WL track participation requires enrollment in NPA track. Each team member must indicate whether they want to participate in WL.

**The Goal.** To improve overall team nutrition and physical activity by at least 20%.

**2. How to Succeed.** Teams receive 10 points for each week the overall team meets its nutrition and exercise goals, as determined by the web site calculator. Improvement by 40% earns an additional 5 points for one or both categories. The object is to get as many points as possible during the challenge. The WL category will recognize percentage healthy weight loss at the challenge's end.

**3. Tracking Your Progress.** Team captain enrolls team members. After that, either individual team members or the team captain can enter daily and weekly (Monday-Sunday) results. Results can be entered up to seven days past the end of each challenge week.

**4. Establishing Your Baseline and Goals.** Team members establish their "baseline" by recording normal physical activity and nutrition habits in the challenge web site. A web site calculator establishes the team's overall physical activity and nutrition goals (to improve nutrition and exercise by at least 20% or to recommended levels) subject to the following parameters.

**Maximum goals:** 20,000 steps/day physical activity and 7 cups/day fruits/vegetables for nutrition.

(Members who already have healthy activity and nutrition habits only have to maintain.)

**Minimum goals:** 4,800 steps/day physical activity and 1.5 cups/day fruits/vegetables for nutrition.

(Ensures reasonable progress toward healthy physical activity and nutrition habits.)

**5. Logging Your Physical Activity.** Physical activity is based on steps and exercise.

**a. Log steps per day** - only if counted on a pedometer - excluding exercise covered in b. below.

**b. 15 continuous minutes of exercise = 2000 steps.** Includes walking, cycling, swimming, strength-training and other forms of continuous physical activity comparable to exercise.

**Maximum total steps per day you can receive credit for is 28,000.**

**SPECIAL Pedometer INSTRUCTIONS:** Remove your pedometer during exercise to prevent double-counting. Use any pedometer, but the attached flyer gives information on pedometer discounts.

**6. Logging Your Nutrition.** Nutrition is based on fruits and vegetables consumed:

Record each cup of fruits and vegetables consumed per day. You can receive credit for a maximum of 10 cups/day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for helpful information on portion sizes.

**7. Extra Credit Education Points.** Earn "extra credit" education points by attending activities such as educational presentations by co-workers, participating in healthy luncheons, etc. Earn 2 team points for events 50% or more of team members attend. Earn 4 team points if 75% or more of team members attend. These points will be tracked separately, but will count toward the team's final score.

**8. Job Schedule Flexibility.** Unit heads are being authorized to allow employees to combine regular breaks (two 15 minute breaks per day) with lunch or to use them at the beginning or end of the day or some other time during the day to make time for on-site exercise. NOTE: This can only be allowed if, in the judgment of the unit head, it is not disruptive to work and when the time is used for exercise.

**9. Nature of Activities.** Participants in this program acknowledge and agree that this is a voluntary activity on their part, not a job duty, and the AgCenter bears no liability for any injury or illness that may arise out of these activities. Employees should follow standard precautions in consulting with their physician before engaging in this activity.



## Challenge

The Live Fit Challenge is about making you a winner.

It's about challenging yourself to make gradual, sustainable improvements in your nutrition and physical activity with the motivation and support of your team. If you already have healthy habits, it's about helping you maintain them.

Live Fit for Life isn't a contest where we exercise as much as we can and eat well for the challenge period, then revert back to our old lifestyles.

It isn't about making your team a winner. Ultimately, it's about developing a personal lifestyle that helps you live fit for life.



**Challenge Goal:** To help AgCenter employees improve their overall health and well-being.

**Challenge Participants:** The challenge is available to everyone in AgCenter units and it doesn't matter whether you currently maintain a healthy lifestyle or not. The program is based on overall team improvement.

**Challenge Basics:**

**Fun & Motivating**

- To make the challenge fun and motivating, participation will be in teams of 4-8.

**Physical Activity/Nutrition**

- The challenge addresses both physical activity and nutrition, with an optional challenge for those who also want to compete on the basis of weight loss.

**Tracking**

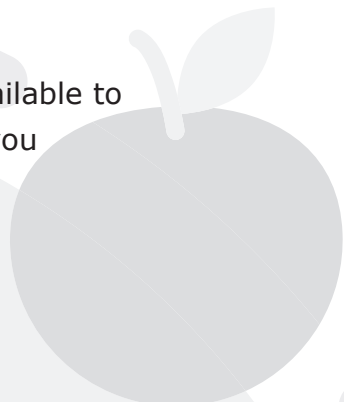
- All tracking will be done through an AgCenter Challenge web site.
- Each team will establish its "baseline" by recording its normal routine before the challenge starts. The baseline data will be entered into the Challenge web site and a special calculator will determine the team's overall nutrition and exercise goal. The goal for most will be to improve nutrition and exercise by 20%.
- Supplementing the challenge will be a variety of supporting activities and educational opportunities such as presentations by co-worker experts, Healthy Recipe Luncheons, and group activities -- with extra credit education points for participating teams!

**Start to Finish**

- The challenge will last 6 months. Teams that most consistently meet their goals will be recognized.

**Take a Break**

- As work permits and with supervisor approval, participants will be allowed to combine their daily "break periods" with lunch or take them at the beginning or end of the workday to participate in exercise such as walking for 30 minutes. This will be of special help to hourly employees.



*Team up  
Log on  
Live fit!*



*Eat your fruits & vegetables... Get up & move*

[www.lsuagcenter.net/livefit](http://www.lsuagcenter.net/livefit)

**Determining Your Baseline Data**

Your baseline data represents your typical nutrition and physical activity habits. You will be asked to answer three simple questions:

**1.** How many cups of fruits or vegetables do you average per day? For helpful information on portion sizes, visit [www.mypyramid.gov/steps/howmuchshouldyoueat.html](http://www.mypyramid.gov/steps/howmuchshouldyoueat.html)

Multiply by 7 to get your weekly cups.

\_\_\_\_\_ x 7 = \_\_\_\_\_ cups/week

**2.** How many 15-minute blocks of continuous exercise do you average per day? Give yourself 2000 steps for each 15 minute block. Multiply by 7 for weekly steps.

**Example:** 30 minutes of exercise/day = 2 15-minute blocks x 2000 = 4000 steps/day.

Multiply by 7 to get your weekly steps.

\_\_\_\_\_ x 7 = \_\_\_\_\_ steps/week

**3.** How many steps do you average per day, excluding exercise steps? Record in thousands, rounding up. Multiply by 7 for weekly steps.

\_\_\_\_\_ x 7 = \_\_\_\_\_ steps/week

**Minimums & Maximums:** Regardless of your nutrition and exercise habits, the minimum daily goals will be 5,000 steps for physical activity and 1.5 cups for nutrition. The maximum daily goals will be 20,000 steps and 7 cups.

*What If I Don't Know My Average Steps?*

*\*Unless you wear a pedometer, you may not know your average steps. You may want to wear a pedometer for a few days to get an estimate. For more information on determining your average steps, visit our the Live Fit Web site. [www.lsuagcenter.com/livefit](http://www.lsuagcenter.com/livefit)*

*Other resources for information:*

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.mypyramid.gov/steps/howmuchshouldyoueat.html](http://www.mypyramid.gov/steps/howmuchshouldyoueat.html)

*Live Fit Challenge - Sample Log Sheet*

Week _____	MON	TUES	WED	THU	FRI	SAT	SUN	TOTAL
Cups-Fruits/Vegetables								
Pedometer-Steps								
Steps-Exercise								
Total Steps								

My daily goals: \_\_\_\_\_Cups \_\_\_\_\_Steps

My weekly goals: \_\_\_\_Cups \_\_\_\_Steps

Name \_\_\_\_\_

Month \_\_\_\_\_