



# WELLNESS CHALLENGE

S P R I N G 2 0 1 3



## General Rules and Point System SUNY Cortland



### Welcome to the SUNY Wellness Challenge!

This guide will help to explain the competition as well as show you how to manage your scoring quickly and easily. Be sure to visit our companion website for updates to the competition, fun fitness facts and delicious recipes.

You can find our website at [www.sunywellnesschallenge.com](http://www.sunywellnesschallenge.com).

### What is the SUNY Wellness Challenge?

The SUNY Wellness Challenge takes a team approach to building healthier lifestyles. The players on each team strive to be more physically active by keeping track of their daily physical activities.

Each SUNY school will run their own Wellness Challenge with their employees competing against their colleagues. Each school will have their own teams, leagues, divisions and winners. Each school will have point people that you can refer to for questions you may have.

- Each team will be made up of four players
- One Employee MUST be Team Captain
- There will be multiple divisions with no more than 5 teams per division
- Division placement will be randomly picked at the Kick-Off Event

This year the SUNY Wellness Challenge will be an 8-week competition running from Monday, February 25 through Sunday, April 21.

### General Rules

Every day for the duration of the Challenge, players will track their physical activity using a pedometer or track non-step activities in the form of physical exercise. Their steps and physical activity earns POINTS for each day. You should also “strive for five” and earn points by eating five or more fruits and veggies!

Activity Sheets will be provided to record your steps and exercises. These Activity Sheets are for your records only to help you remember and record your activities each day. A Point System has been developed to calculate how many points a person can earn each week.

This will be an 8 week competition with teams competing to win their respective division. After the 8 weeks of competition the division winners will advance to the Final Wellness Challenge Day. During the Final Wellness Challenge Day the teams will complete and a final winner will be crowned. Everyone (including non-Wellness Challenge participants) are welcome to attend. There will be food, fun, door prizes, awards and maybe even a few surprises!

The competition is designed to include people of all fitness and activity levels, whether they are already active or not. All staff and faculty who are interested can participate, learn new things, and have fun!

## **Team Captains**

It is the Team Captain's responsibility to collect each team member's Activity Sheet each week and record the results online. They also need to get everyone ready and excited to participate! If so desired, the Team Captain can also delegate each team member to enter in their own statistics if they wish. Each person in the Wellness Challenge will be provided a unique password to log into their account and enter their own activities on our website.

## **How much does it cost?**

The cost this year will be \$5 per person (\$20 per team). Each school is responsible for collecting their own fees from their employees. To pay please see your college's SUNY Wellness Challenge point people or committee members.

## **How do you play?**

Each player has two goals. The first is to strive for at least 10,000 steps each day (2,000 steps are approximately one mile). The second is to track any physical activity and exercise routines that you normally would do. There are also points if you choose to participate in the Weight Loss challenge and earn bonus points.

Each player will need a pedometer at the beginning of the competition. Each player will be asked to keep track of their total steps and physical activity and enter them on their personal Activity Worksheet. Pedometers will be made available to everyone participating.

The Activity Worksheet will be collected each Monday morning of the following week by your Team Captain and a new one will be provided to you for the new week. (Blank forms will also be available online for download as well)

Your scores are recorded by the Team Captain on the website and each player will be able to see their total points. Your numbers will also be added to your team's total score. (If you wish, you can enter your activities directly using your account password.)

To track the weight-loss aspect of the competition, there will be an initial private weigh-in documented by Kinesiology students or Fitness Center staff. If you are not able to attend the kick-off to be weighed in, you can see Louise Mahar in the Tomik Center to be weighed-in. Designated weigh-in times will be established and posted. Weights will not be visible on the site to anyone. Only the percentage of weight lost will be visible. Outside recordings of weight will not be allowed – this is to keep it fair and honest. Total privacy will be provided and no one will know your weight.

## **How many winners are there?**

By keeping track of each player's points, they are recorded and added to their teammates points. Each team will compete only against those in their League Division. Your team will only compete against no more than five other teams. After the 8 week competition the Division winners move on to a final round. During the final round – the Final Wellness Challenge Day – only one team will be crowned overall winner.

Along with fun recognitions, there will be awards for:

- League Division Winners
- Overall Wellness Challenge Team Winner
- The Team with the most points
- The Individual with the most points
- The Individual who loses the most % of body weight
- The Individual with most total steps

## **Earning points based on time –not Calories Burned**

In previous years you earned points based on the total amount of calories burned. This year we are leveling the playing field. You will earn points on various exercise routines based on how long you exercise so everyone earns the same amount of points. For example, if you do 30 minutes on an elliptical you will earn the same amount of points as everyone else. If you use the Stair Master for 10 minutes you will earn the same amount of points as everyone else. Whether you weigh 100 lbs or 250 lbs - it will all be the same. We will still be tracking steps the same so be sure to get your pedometer ready!

## **Eat fruits and vegetables –earn points**

Healthy eating will earn you points! So if you “strive for five” by eating at least five servings of fruits and vegetables per day, you will earn points. Can't eat five servings? OK – we will cut you some slack and you'll be able to earn points for eating 3, 4, or 5 or more servings.

## **Division-based leagues**

New to this year's Challenge will be division-based leagues. Instead of your team competing against 35+ teams to be the Wellness Challenge champion, teams will be placed into “divisions” with a maximum of 5 teams per division. Every team has a 1 in 5 chance of winning their division! Teams will be randomly assigned to divisions.

## **Playoff event between division winners**

At the end of 8 weeks we will have multiple division winners. But that is only part of it! We will have a one-day final Wellness Challenge Event in which all the division winners will compete for the Grand Prize – winner of the 2013 SUNY Wellness Challenge.

## **Wellness Challenge Point System**

The SUNY Wellness Challenge Point System is made up from the following:

- Total Steps (using a pedometer)
- Physical Activities that you would consider true exercise
- Losing % of Body Weight (based on a formula)
- Eating a Combination of Fruits and Vegetables
- Bonus Points

## Pedometer steps (Baseline for point system)

For every 1,000 steps a person receives 1 point. This is based on the following:

- Recommended weekly steps: 10,000 steps
- 10,000 steps = about 5 Miles
- 2,000 steps = 1 Mile

*For example, if a person reaches the goal of 10,000 steps per day, they receive 10 points.*

We are looking for accurate step counts and will NOT accept estimates for step counts. If you don't use a pedometer for your readings your steps will not be allowed.

## Physical activity points

On average a person will burn 70 calories by walking 1 mile. So if the goal is to walk your 10,000 steps per day (5 miles), you've burned (on average) 350 calories and earned 10 points. Our physical activity points are based that, on average, players will burn about 350 calories for doing certain exercises for a certain amount of time. So for every 350 calories burned when exercising you earn 10 points. Of course everyone is different, so based on how many calories burned you earned points. A heavier person would typically burn more calories doing the same routine as something with lesser weight, thus earning more points.

To make it fair, this year we decided to change our point system based simply on total TIME of exercise routine instead of calories burned. In the past we based our formula on the weight of each player and calculated calories burned. A player would weigh in at the beginning of the Challenge and that was the weight used to calculate points. To keep all player's points the same this year we are making everyone's weight the same to calculate a player's score – 185 lbs.

Each player must choose from the following list of exercises indicated below. Each exercise is ranked by a certain scale factor which is based on difficulty and how vigorous the workout is. We take a look at the length of time per activity and it's scale factor, calculate the average calories burned and then give the player 10 points for every 350 calories.

### Formula:

calories = rounded up(weight\*minutes\*scale factor)

Calculate the Point Value:  $\text{points} = (\text{calories} / 350) * 10$

### Example:

*Player does basketball for 45 minutes...*

624 calories burned based on our formula of

calories = (185 lb \* 45 min \* 0.075)

17.83 Points earned based on  $(624 / 350) * 10$

The following exercises should be tracked using your pedometer:  
Walking, using a treadmill (walking) and playing golf.

The following are exercises or physical activity which will be awarded points based on a sliding scale factor.

Activity	Scale Factor
Spinning Class	0.084
Bicycling (outdoors)	0.080
Cardio Workout	0.080
Running	0.080
Zumba	0.080
Elliptical	0.076
Judo/Karate/Martial Arts	0.076
Rowing	0.076
Basketball	0.075
Racquetball	0.070
Tennis	0.065
Circuit Training / Curves	0.064
Jogging	0.064
Skiing: Cross-Country	0.064
Volleyball	0.060
Aerobics (class or video)	0.056
Ballroom Dancing	0.056
Stationery Bike	0.056
Yoga (Bikram)	0.055
Hula Hoop Workout	0.050
Hiking	0.048
Skiing: Downhill	0.048
StairMaster	0.048
Swimming	0.048
Pilates	0.044
Yoga	0.044
Ultimate Frisbee	0.035
Weight Lifting	0.025

## Losing percentage of body weight

At the end of the competition, you receive 100 Points for each 1% of body weight lost during the challenge. At the beginning of the competition you will have an initial weigh-in. There will be a final weigh-in at the end of the competition and the Kinesiology students, using the formula below, will provide a final percentage.

### Formula:

$(\text{Start weight} - \text{Finish Weight}) \times 100 \div \text{Start weight}$   
= % lost

### Example:

*If a person's starting weight was 200 lbs and they lost 10 lbs, the total percentage of weight loss was 5%.*

$$(200 - 190) \times 100 = 1,000$$

$$1,000 \div 200 \text{ (start weight)} = 5$$

*You lost 5% of your body weight. You get 1,250 points!*

## Eating fruits and v egetables

Healthy eating will earn you points! So if you “strive for five” by eating at least five servings of fruits and vegetables per day you will earn points. Can't eat five servings? OK – we will cut you some slack and you'll be able to earn points for eating 3, 4 or 5 or more servings.

- Eat at least 3 servings per day and earn 1 point
- Eat 4 servings per day and earn 3 points
- Eat 5 or more servings per day and earn 6 points

## Bonus points

Earn extra Bonus Points for the following. You are allowed only a one- time use for each. You will need to verify this with your team captain (when, where—not actually number) and we will try to offer opportunities on campus.

- Blood Pressure Screening (+50 points)
- Blood Glucose (+50 points)
- Total Cholesterol (+50 points)
- Blood Donation (+50 points)

## Food Drive

Each year the Challenge also runs a Food Drive which donates canned and other non-perishable foods to a local food pantry. Stay tuned for details on this year's food drive!

## Activity Sheets

You can download the latest Wellness Activity Sheets on Cortland's SUNY Wellness Challenge landing page. Use these to keep track of your progress throughout the week and then turn in to your Team Captain on Monday so your numbers can be entered into the website. These are not mandatory to fill out but highly recommended.