

DON'T FORGET YOUR FITNESS

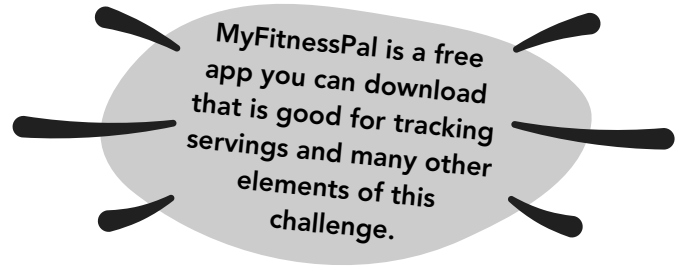
Rules of the Challenge

1) **Register at the Front Desk** - \$25 registration fee and provide Name and Email (or phone #) We will continue to accept registrations through the first turn in day (Monday, 12/2/24) but not after that so register NOW!

2) Challenge Starts Monday, 11/25/24. Anyone registered will receive an email with your first week's tracking sheet. If no email has been provided, you can get a tracking sheet at the Front Desk or from LuAnn Larson, Health & Wellness Manager.

3) **Track your points daily.** Note: Each category (Water, Sleep, Fruits & Vegetables and Exercise) MUST have a non-zero number daily. Provide a total for each category daily and provide a weekly total for each category in the far-right column.

4) **To be eligible for weekly shout-outs or the prizes at the end of the challenge, you must turn in your sheet each Monday after the completed week (or you can scan/email or turn in to me in person).** For example: Your first tracking sheet is 11/25/24-12/01/24 You will need to turn in your sheet to the Front Desk or to LuAnn Larson, Health & Wellness Manager (health@ywcaclinton.org) by Monday, 12/02/24. *The 6th week of the challenge ends Sunday, January 5, 2025. Since this is a around a holiday weekend, we will give you until Tuesday, January 7, 2025, to turn in your sheets.



What is a point?

1 point for **WATER** = 1 ounce of water (Note the warning above-Recommended 64 ounces per day)

1 point for **SLEEP** = 1 hour of sleep (Recommended – 7-9 hours per day/night)

1 point **FRUITS & VEGETABLES** = 1 serving of either (Recommended – a mixture of 5 servings per day)

1 point **EXERCISE** = 1 minute of exercise (Recommended - 5 days of 30 minutes per day)



If you have any questions at all, don't hesitate to contact LuAnn Larson, Health & Wellness Manager x 304 or email health@ywcaclinton.org



Warnings: DO NOT OVERDO IT IN ANY CATEGORY!

We know many of you may exceed 64 ounces of water per day, particularly if you exercise a lot and sweat. Other sources in the know say to drink between half an ounce and an ounce of water for each pound you weigh. Example: 150 lb. person should drink between 75-150 ounces per day. Hyponatremia (or water intoxication) can result if you drink way too much water. Too much water is drinking 27-33 ounces of water per hour. So don't even come close to that!

For exercise, we will put a maximum for the day to be the total weekly recommendation of 150 minutes. We do not encourage this amount of exercise in one day but realize many of you will easily exceed 30 minutes per day for 5 days. 2.5 hours of exercise per day is too much for your body to handle on a regular basis. Do not wear yourself out to get more points.

We have not put a maximum on Sleep or Fruits & Vegetables, but you must get more than 1 hour of Sleep or 1 serving of a Fruit or a Vegetable each day.