Fall into Fitness with Rocket Wellness
Challenge Rules and Activities

Fall into Fitness is a fun, 8 week challenge to help you begin to include regular physical activity into your lifestyle. You will be given three weekly challenges to complete on your own. Throughout the 8 week fitness challenge, you will be recording your progress using the Fall into Fitness Tracker Calendar (provided on the Rocket Wellness website); In order to earn a prize, you will need to complete all three of the options listed under each week. However, you will only need to record one of the listed letters (A, B, or C) on the calendar each week to track your progress. For example, if you choose to record letter C for week one, simply record your RPE on whichever day that week you measured it. At the end of 8 weeks, you will submit your completed Fall into Fitness Tracker calendar to Rocket Wellness.

Fall into Fitness begins Monday September 29, 2014. Registration is not necessary; simply complete each week’s activities and submit the Fall into Fitness Tracker calendar and scavenger hunt to Rocket Wellness by November 26, 2014.

Submit your completed documents 1 of 3 ways:

- In person (located in the Morse Center YMCA)
- By fax (419.383.3085)
- Via email (RocketWellness@utoledo.edu)

The challenge is free to UT employees, faculty and staff, so encourage your colleagues to participate with you!

Participants who complete 5 weeks or less of the challenge will:

- Receive a Rocket Wellness fitness band with exercise instructions

Participants who complete 6 or 7 weeks of the challenge will:

- Receive a Rocket Wellness fitness band with exercise instructions
- Be entered into a drawing for a Rocket Wellness Fitness Grab Bag

Participants who complete all 8 weeks of the challenge will:

- Receive a Rocket Wellness fitness band with exercise instructions
- Be entered into a drawing for a Bosu Ball and one personal training session
- Receive one free Rocket Wellness Smart Choice lunch in the cafeteria

Contact Rocket Wellness at RocketWellness@utoledo.edu with any questions throughout the challenge.
**Week One: September 29th through October 5th**

A. Perform 30 minutes of physical activity* 3 times during the week  
B. Perform a total of 20 push-ups over the course of the week  
C. Record your RPE** on the Fall into Fitness Tracker Calendar during one of your activities this week, aim for a 5-7

**Week Two: October 6th through October 12th**

A. Perform 30 minutes of physical activity* 3 times during the week  
B. Complete the Leg Circuit workout provided on the Rocket Wellness Website under the Fall into Fitness Challenge  
C. Find a fitness tracker of your choice and track your activity for the week***

**Week Three: October 13th through October 19th**

A. Perform 30 minutes of physical activity* 4 times during the week  
B. Perform a total of 20 push-ups and 50 crunches and 30 squats over the course of the week  
C. Engage a family member or friend in your activity, list the person’s name and activity on the Fall into Fitness Tracker Calendar

**Week Four: October 20th through October 26th**

A. Perform 30 minutes of physical activity* 4 times during the week  
B. Complete the Arm Circuit workout provided on the Rocket Wellness Website under the Fall into Fitness Challenge  
C. Record 3 fitness goals and action steps that will help you achieve the goals

**Week Five: October 27th through November 2nd**

A. Perform 30 minutes of physical activity* 5 times during the week  
B. Perform a total of 25 push-ups and 60 crunches and 30 squats over the course of the week  
C. Take a 15 minute walk during your work day. Take a picture and post it on the Rocket Wellness Facebook page. List the date posted on the Fall into Fitness Tracker Calendar

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Week Six: November 3rd through November 9th
A. Perform 30 minutes of physical activity* 5 times during the week
B. Complete the Core Circuit workout provided on the Rocket Wellness Website under the Fall into Fitness Challenge
C. Try a new form of physical activity*

Week Seven: November 10th through November 16th
A. Perform 35 minutes of physical activity* 5 times during the week
B. Perform a total of 30 push-ups and 65 crunches and 35 squats over the course of the week
C. Measure your RPE on the Fall into Fitness Tracker Calendar and compare to your starting RPE**

Week Eight: November 17th through November 23rd
A. Complete the Fall into Fitness Scavenger Hunt provided on the Rocket Wellness Website and submit to Rocket Wellness along with your completed calendar by November 26th, 2014

* Physical activity is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity. Physical Activity for this challenge does not need to be done all at the same time. For example, you can split a 30 minute workout into two 15 minute sessions in one day.

** The RPE scale is used to measure the intensity of your exercise. It is based on the physical sensations a person experiences during physical activity, including increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue. The RPE scale runs from 0 – 10. The numbers are used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.

*** There are many forms of Fitness Trackers, some examples may include: a manual walking or exercise log, or phone applications such as “Simple Workout Log”, “Map my Run”, “Runtastic Pedometer” or “My Fitness Pal”.

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