

Fall into Fitness Scavenger Hunt Rules

Name:

Email:

@utoledo.edu

Complete 5 of the 10 tasks listed below; when done, put a check mark on all completed tasks and submit to Rocket Wellness along with your Fall into Fitness Tracker calendar by November 26th 2014

Be healthy while having fun and enjoy the final week of the Fall into Fitness challenge!

1. Climb 2 flights of stairs two times per day this week.
2. Walk 1 mile on the track in the Morse Center.
3. Mark on your calendar to take a 2 minute relaxation break, take slow and deep breaths.
4. Participate in a group exercise class at the Morse Center.
5. Instead of sending a lengthy e-mail, walk to the recipient and discuss in person.
6. Look for a commercial that advertises a healthy lifestyle/product:
Company/Product Advertised: _____
7. Complete either the Leg, Arm, or Core Circuit workout again.
8. Find a creative way to incorporate moving more into your busy workday
9. Check out <http://www.washingtonpost.com/wp-srv/special/health/workout-at-work/> for some ideas
10. Take a 5 minute stretch break. Check out <http://www.mayoclinic.org/healthy-living/adult-health/multimedia/stretching/sls-20076525> for some ideas
11. Complete the attached Rocket Wellness Crossword Puzzle. Please submit to Rocket Wellness along with your completed scavenger hunt and Fall into Fitness Tracker calendar

ROCKET WELLNESS FALL INTO FITNESS CROSSWORD PUZZLE

ACROSS

2. The measure of the range of motion, or the amount of movement possible, at a particular joint
3. A muscle group comprised of the abdominals, lower back, oblique's & hips
4. Hormones that are made in the body & contribute to natural feelings of well-being
7. A variety of traditions geared toward self-discipline & is practiced widely today to promote balance, coordination, flexibility, & meditation
8. This form of training uses the process of exercising with progressively heavier resistance for the purpose of strengthening the musculoskeletal system
9. Name of this wellness challenge
11. An ancient Chinese form of exercise that promotes balance, coordination, stretching & meditation
12. Measure of the relationship between height & weight; calculated by dividing weight in kilograms by height in centimeters squared

DOWN

1. The number of times an exercise is repeated within a single exercise "set"
5. Exercising using one's own body weight, helps develop muscular tone
6. Point in an exercise program where no additional progress is being made. One way to break through is to change the kind of activity you are doing or something about your current activity (adding hills, increasing speed/distance)
10. Form of exercise that increases the need for oxygen, means "with oxygen"

