

Name: HEA Wellness Challenge

Registration Deadline: Tuesday, March 22, 2016 at 4pm

Eligible to participate: All HEA Students but only due paying HEA Members are eligible for prizes

Challenge Time: Monday, March 21, 2016- Sunday, April 10, 2016 (3 Weeks)

Prize: Overall Team Average & Highest Individual Score

Description:

Being a graduate student can be stressful. To encourage our community to find a balance between work and physical activity the Higher Education Association is challenging our students to a friendly wellness competition. It's simple: form teams of 3-4, do wellness activities together, report those activities and earn points! The team with the highest average points and the individual with the highest total points will win a prize.

On your mark... get set.... GO!

How to get involved:

1. Register.

- A. Form teams of 3-4 HEA students (Master's and Doc level are encouraged to mingle)
- B. Come up with a team name
- C. Register individually:[Submit the names HERE](#)

2. Track steps.

- A. Record your step activities throughout the week (i.e. steps taken, fitness classes, wellness/ mindfulness workshops)
 - a. Need help keep track of your activities? [This is a sample form.](#)
 - b. Doing something other than walking/running? [Take a look at our conversion table](#)
- B. Submit by 5pm each Monday:
 - a. [Use this Google Form to submit weekly](#)

How will we evaluate steps/activities:

You will enter your height in the initial sign up form. We will use the following conversation formula to determine how many miles you achieved:

Your steps per mile=

Your Height (inches) x .413 (Determines stride length)/ 12 (Inches to feet) / 5280 (Feet in mile)

How will we award points:

1 Point Per Mile (Post step conversion)

3 Points for a fitness class attended by 50% of your team

5 Points for a workshop or program sponsored by the counseling center attended by 50% of your team

*At the end of the challenge we will award the team with the highest overall average and the individual with the highest overall average with prizes.