

## 2.5 HOUR WEEKLY CARDIO CHALLENGE

Can you exercise for 2.5 hours a week before November 18<sup>th</sup>

If you can, you will be entered into drawings for weekly prizes and grand prizes at the end of the challenge that include a 32" TV or iPod Touch

Run, Bike, Walk, Skip, Row...it all counts toward the 2.5 hours.

**Start Date: Monday, September 12<sup>th</sup>**

**End Date: Sunday, November 20<sup>th</sup>**

**Location: Anywhere**

**Fee: Free, Free, Free!!**

- *Entry form due anytime during the challenge but preferably before the challenge begins.*
- *Hours will only be counted once the entry form is handed in.*
- *Drop the entry form off at the front desk of the Richter Center or interoffice it to the Richter Center*
- *Once we receive the form more detailed instructions will be emailed to you.*

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## ENTRY FORM

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Campus Address/location: \_\_\_\_\_

I understand I am participating in this event at my own risk. I also understand that I am on my honor to report only the exercises that I have completed myself and do so accurately and honestly. I recognize that it is recommended that I consult a doctor before engaging in any exercise program.

Signature: \_\_\_\_\_

# 2.5 HOUR WEEKLY CARDIO CHALLENGE

## Rules

1. The first day of the challenge is **Monday, September 12<sup>th</sup>** and it ends on **Sunday, November 20<sup>th</sup>**
2. Workouts can be done in increments at your own pace.
3. Any type of cardio exercise counts.
4. You must upload your workouts to [www.virtualtrainer.lifefitness.com](http://www.virtualtrainer.lifefitness.com)
5. After creating your online account, you must invite or accept "Richtercenter" as a "buddy" to accurately track your online progress at [www.virtualtrainer.lifefitness.com](http://www.virtualtrainer.lifefitness.com)
6. Your workouts must be updated on a regular basis, especially since this is a weekly challenge and there will be weekly drawings for prizes.
7. Time credited towards your totals must be during dedicated exercise time.
8. Biking or walking to work counts. Casual walking from class to class or building to building does not count.
9. Cross country skiing counts, as well.
10. The challenge is considered a success when you complete 2.5 hours of exercise a week for 10 weeks.
11. Set a goal and achieve it. Find a partner and challenge them.
12. Every week that you complete 2.5 hours of exercise you will receive one ticket in the grand prize raffle. For example, if you complete all 10 weeks of the challenge, you will have 10 chances to win the iPod or TV.
13. *Have fun. This is not a competition; this is a personal challenge.*
14. Drawing to be held on Monday, November 21<sup>st</sup>.

## Richter Center Hours:

Weekdays: 5:45a.m.-12a.m.

Weekends: 9a.m.-12a.m.

## RC Pool Hours:

M-W-F: 10:30a.m.-1:30p.m.

T-Th: 8p.m.-10p.m.

Sundays: 1p.m.-3p.m.