



[Challenge Rules & Information](#)

This challenge is open to all employees, regardless where they complete the workouts.

How long does the challenge last?

January 2-February 24, 2017 (8 Weeks)

How many workouts will I have to perform?

Total workouts: 16; 2 workouts emailed to you every Monday at 7am.

Can I perform the workouts wherever and whenever I want?

Yes. Once you receive your workout on Monday, you have until 5pm on Saturday to perform your workout and report your progress to Pat Shick, Front Street Fitness Support Specialist. Participants can do the work out at Front Street Fitness, at their home or preferred gym.

Email your progress to Pat Shick at plshick@columbus.gov using the following format:

Bonus: The Tuesday & Thursday 12pm group class at Front Street Fitness will be the workouts given that week.

What's in it for me?

Besides a rock-hard body (☺), each participant will earn a prize based where their total score falls in relation to the other participants.

VSP has donated 15 pairs of designer sunglasses to Healthy Columbus for this challenge. The top 5 participants in each tier will get a pair of these sunglasses. Prizes will be awarded to participant 6 and beyond in each tier as follows:

Tier 1: Healthy Columbus 64oz water bottle

Tier 2: Wireless phone bank

Tier 3: Trendy Healthy Columbus sunglasses

How do the tiers work?

Placement within the tiers is based on [your individual performance](#) in the workouts. Once all workouts are recorded for the week, every participant will be ranked from top to bottom based on their time/rounds/score. The top 1/3 of participants get three (3) points, the middle 1/3 will get two (2) points, and the bottom 1/3 will get one (1) point.

At the end of the 8 weeks, points will be added up and final scores/tier placements will be calculated.

TIE BREAKER: If two people have the same score and are “fighting” for the last spot in a tier, they will both will be placed in the higher tier.

What if I don't know how to do an exercise?

A link to a very short video will be emailed you with the weekly workouts to demonstrate the exercise and proper form.

What if I am not able to do any workouts for the week, or if I miss a workout?

There is no penalty for not reporting a workout by 5pm on Friday every week, you will not be awarded points for the week.

What if I don't want other participants to know my point total/score?

You may create an alias if you would prefer, just let Pat know.

Questions? Contact Pat- 645-3979 or plshick@columbus.gov