

Healthy U Team Step Challenge

October 10 - November 18

General Information

Employee Health Promotion has teamed up with MyIntertia to bring you a friendly step challenge competition. Join your department/team members for this exciting six-week step challenge to help increase physical activity and awareness. The Healthy U Team Step Challenge is designed to enlighten you of your current physical activity level, and empower you in increase future physical activity.

Ways to Increase Your Steps

October 18 - November 22 (5 classes)
Training class every Tuesday 12 pm to 1pm

Training Schedule

October 18 – Johnson Field
October 25 – North Campus
November 1 – Johnson Field
November 8 – North Campus
November 15 – Johnson Field

Class Descriptions

During the six-week MyIntertia Step Challenge, participants will have access to five training classes led by an Employee Health Promotion Health Education Consultant and Certified Personal Trainer. These classes are designed to teach UNM employees different methods of exercise and will help them earn their steps for the challenge and improve their overall fitness. The five classes will be different in format each time to give participants a variety of exercises. The classes will include the following:

Agility, Coordination and Balance Training

Train like an athlete and improve your agility and coordination! We'll be using a speed ladder and cones to run through various drills and then we'll slow things down and work on our coordination and balance. Instruction will include agility, coordination and balance training.

Bodyweight Circuit Training

No equipment needed for this one! Sometimes the best way to improve your strength and overall fitness is to use your own bodyweight. We'll be working on various bodyweight

exercises in a circuit style format where you will work for a certain amount of time, allowing you to go at your own pace and make this YOUR workout. Learn the correct range of motion, controlled breathing, muscle group impact, and level of perceived exertion to create an individualized workout.

Bootcamp Team Training

This one is about strength in numbers and teamwork! You'll conquer a workout with a team and gain inspiration from others. Major muscle group strength training and cardiovascular improvement skills will be taught during this class.

Registration Fee

Sign up is open [NOW](#) until Wednesday, October 5, 2016.

	\$35
Five-Week Training Course + Online Platform	Tuition Remission Eligible
	\$100
Five-Week Training Course + Online Platform + Fitbit	Tuition Remission Eligible

How to Sign Up and Participate

- 1) Register and Pay [HERE](#) at Marketplace
- 2) If you chose the Fitbit option, below are the available dates, time, and locations to pick up your Fitbit
 - a. Register your Fitbit
- 3) When you receive the confirmation email from Marketplace, click on the link to register on [MyInertia](#) with your teams Access Code.
- 4) Sync Fitbit, Garmin, or Pebble with MyInertia.

Cancellation Policy

All entry fees are non-refundable and non-transferable.

Fitbit Pickup

If you chose the Fitbit option, please pick up at the following locations.

Monday, October 3, 2016
11:00 am – 1:30 pm
Johnson Center Lobby

Tuesday, October 4, 2016

11:00 am – 1:30 pm
Domenici Center Northeast Lobby

Each participant will need to present a valid photo ID to pick up their Fitbit.

Grand Prize

The winning team averaging the most steps/miles will be invited to a Brunch Award Ceremony!

Questions?

Employee Health Promotion
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