

B FIT 4 LIFE CORPORATE CHALLENGE

GENERAL RULES:

1. The B Fit 4 Life Corporate Challenge is a 5 month initiative among local businesses to increase their level of physical activity and overall fitness levels. Each month includes a main fitness event and alternative activities to gain points based on the team's participation level. The main goal of each team is to obtain the maximum amount of participation from the entire team. ***Each team member needs to complete 4 of the 6 monthly events; 1 of which is pedometer walking.***
2. Entry fee is \$20 per person which includes most events unless designated. Team registration is on a first come first serve basis. The value of the entry fee is \$85.
3. The Challenge officially begins January 1, 2012 and will end May 31, 2012 with the exception of the last event scheduled June 10, 2012-Lake Health Distance Classic ½ Marathon, 5KRun/Walk.
4. Teams can consist of a **minimum of 10** employees or maximum of 20 employees. If a reserve team member needs to be activated, they need to complete the waiver and pay the \$20 registration fee. Reserves can be added any time throughout the challenge. Only active team roster members will be awarded points. **If a team member drops off during the challenge it is advised the team should find a reserve or else that team members points will not be replaced.**
5. Teams are limited to part-time, prn and full-time employees and spouses of employees from a corporation.
6. The goal of your team will be to accumulate the maximum number of participation throughout the challenge.
7. **ABUSIVE LANGUAGE / BEHAVIOR:**
Any abusive language or behavior directed at an official, referee, event coordinator or opposing team member during the course of any preliminary or event will be considered unsportsmanlike conduct. This shall result in the ejection of the participant from the event and may result in ejection for the remainder of the B Fit 4 Life Corporate Challenge.
8. **TEAM PACKETS:**
Packets for each company will be delivered the first week of December. All registration/waiver forms and entry fees must be paid in full at time of delivery. Team packets will include: pedometer, automatic enrollment as a

B Fit 4 Life member, key ring for tracking event participation, free on-line access to a Registered Dietitian and Exercise Physiologist at bfitchallenge@lakehealth.org,

9. **AWARDS:**

Prizes will be awarded to the team with the most points. In case of a tie at the end of the fitness challenge prizes will be split amongst the winners. The overall B Fit 4 Life team champion will receive the **B Fit 4 Life** trophy and the 7th annual Lake Health ***Heart of the Community*** award, health-related prizes. Second & third place will also be awarded with health-related prizes.

Awarding of prizes will be held after July 1 at the corporation's place of business.

10. **Web Site:**

Team standings will be posted on the Get Healthy Lake County web site: gethealthylakecounty.org/bfit4life. This site will be helpful in keeping track of team standings and reminders of upcoming events.

11. **Step Tracker Log Sheet:**

As a B Fit 4 Life member you will receive a pedometer and monthly step tracker log sheets to log your daily steps; **January 1 through May 31** for the B Fit 4 Life Corporate Challenge. **You need to turn in a completed copy of your log sheet that has been totaled to your team captain on a monthly basis in order to receive participation points for each month. Steps must be entered daily and should be actual steps taken and not rounded off.** Your minimum goal on a monthly basis is to walk 100,000 steps which is equivalent to walking approximately 1.6 miles per day for the month of January. For every month thereafter the minimum walking goal is increased by 50,000 steps. **Your monthly steps need to be totaled before you turn into your team captain or else they will not be counted!** One mile is equivalent to 2,000 steps and 10,000 steps is equivalent to walking 5 miles. Be sure to wear your pedometer on a daily basis! **Staple your key card to your monthly step tracker log. Replacement fee for lost pedometers is \$7.00 and is payable to Lake Health. Contact Sharon Minjares @ 440-350-4512.**

12. **Participation points:**

The B Fit 4 Life key ring has 5 different colored cards that represent the 5 months of the corporate challenge. Each key card lists all the events for that month. Each time you participate in an event you will **need** to have the event coordinator sign/date the back of the key card, turn in the appropriate paperwork such as a receipt or bib number if you participate in an organized, sanctioned run/walk event to gain participation points.

All events that require payment must have a signed and dated receipt with the place of business stated on it. There will be no exceptions.

At the end of the each month turn your completed key card into your team captain so your participation points can be documented.

13. Scoring:

For each month team members can obtain 20 points for each activity. Prorated scoring will be used for those teams that have less than 20 employees.

Example: Team A has 17 members; maximum number of points for the month of February is 1600 points/17=94.11 points per team member for each event. The main goal of your team should be to obtain the maximum number of points as possible. ***Any points earned during May-(June 10 for the walk/run) will be doubled. Team members will still have to participate in any 4 events for May; however the points will be doubled.**

Month	Maximum Number of Points- Based on a 20 member team
January	1600
February	1600
March	1600
April	1600
May-(June 10 Walk/Run)	3200
GRAND TOTAL	9,600

14. Alternates: Each month may have an alternate activity that team members are allowed to use if they are unable to make the main event with the exception of the pedometer walking, which is mandatory. **No other alternate activities will be allowed during the 5 month challenge.** You will need to have the representative at the fitness facility sign and date your key card. You are responsible for attaching a receipt to your monthly log sheet with the key card if you incurred a cost for the alternate activity.

15. Registration and attendance at main events: You are required to follow the deadlines for registrations. Start times will be adhered to and no walk-ins will be allowed.

16. Step Equivalents: A pedometer can track your steps whether you are moving slow or fast. If you like to play basketball, ski, bicycle, swim or canoe, we discovered our pedometer does not help us keep track of our activity. You can "translate" your 10,000-step goal into an equivalent time goal for your favorite activity. Check the website-www.lakehealthy.org/get-healthy-lake-county to download a list of step equivalents. *Note these equivalents should only be used if you are not wearing a pedometer.*

17. Team Points: By the 20th of each month, the team captain is required to make sure their team points are correct. After this date Lisa Popp will not allow any changes to the point system.

18. Advance Registration: Participants are allowed only to register 1 month in advance for any events. Team must have full commitment from team members to register for events. If a team member is unable to attend an event it is the responsibility of the captain to contact the Best of Health (440-953-6000) or the other reservation location and cancel the reserved registration. This allows other participants to fill that spot. **If a team member registered for an event and does not show then the points for that event will be deducted. This is to prevent events from becoming booked and closing out other B Fit participants. Any cancellations need to be made to the Best of Health for those events registered through this department by 1 PM of the day of the event. Best of Health Line number is 440-953-6000.**

19. Monthly incentive: Each month there will be 1 random drawing for those participants that have completed all **4** monthly events. Prizes will be health-related and will hold a \$100 value.