Ready to take the Spring into Fitness Challenge to the next level in 2016?

1. Form a team of 3 to 6 colleagues from anywhere on campus. Your teammates do not have to be in your office or even in your Division!

2. Each of you will need to register for the campus challenge with your team name (spelling matters!).
   - Have fun picking your team name. Examples: Gett Fit!, Team Elite, Jogs to Glory
   - Don’t forget to indicate your team name each week when you submit your minutes.

3. Work together as a team to log the most number of minutes of purposeful exercise.

4. Here’s where the bragging rights come in: Teams logging the most minutes of purposeful exercise will receive prizes at the end of each week and at the end of the competition. That’s 6 chances to win!* 

   **Do it for yourself. Do it for your team. Just get out there and start moving!**

Can’t find a team?
No problem! Individual participants will have their own competition parallel to teams.

Need some ideas to get you started?

- Start a lunchtime or after work walking group. Keep each other motivated!
- Skip the elevator – take the stairs!
- Step away from your computer for a stretch break!
- Why leave your computer? There are some fantastic office exercises available here:


*Note: During weeks 1 through 5, teams and individuals will only be allowed to win the weekly prize once. Week 6 prizes will be awarded to the team and the individual with the highest number of purposeful minutes for the entire competition, regardless of previous win status.

[https://webform.ycp.edu/view.php?id=374](https://webform.ycp.edu/view.php?id=374)