

Warriors Wellness Challenge

The Fitness Center provides a safe and fun environment for staff and faculty to improve upon their health and well being. The facility is outfitted with versatile pieces of equipment which facilitate numerous training styles and goals. The Warriors Wellness Challenge is a fitness driven competition amongst departments here at El Camino College. It is designed to promote proactivity towards fitness and quality of life. This Wellness Challenge will also assist in helping each department inspire and hold those on your team accountable. Participation is highly recommended so your “team” and department will be selected to receive exciting monthly rewards!



Rules

- ◆ Departments will choose a team name. Individuals from a department will earn .5 points for every 30 minutes spent working out in the fitness center per day.
- ◆ Workouts lasting 10-20 minutes will earn .25 points per visit.
- ◆ If every member in the department works out for a minimum of 30 minutes a day three times a week, then each team member earns an extra point for their team that week.
- ◆ Any team member that works out 4 times a week, for a minimum of 30 minutes, will earn the entire team 4 extra points for the week.
- ◆ Any team member that works out 5 times a week, for a minimum of 30 minutes, will earn the entire team 5 extra points for the week.

Procedures

Upon arrival to the Fitness Center, team members must sign in normally on the Fitness Center sign in sheet. However, there will be a separate Warriors Wellness Challenge check-in, which will track team member's points. State your name and team name to an available Fitness Center employee, so that they can document time of arrival and departure. Each team's monthly progress will be posted in the Fitness Center that will visually quantify monthly progress so that current team members and future prospective members can view team activity.

Prizes to be awarded monthly with the team being highlighted in a current “What’s Up”!!!!