



## **Montgomery County Public Schools *Work It Circuit Challenge***

### **Competition Goals**

- To motivate elementary school staff and Department of Transportation staff to continue with the success that they achieved in the first phase of *MCPS on the Move*.
- Give the staff the tools to maintain the cardiovascular activity while adding a strength and flexibility component.
- Teach staff proper stretching and toning workout techniques.
- Educate staff that workouts do not need to happen in a gym. They can occur anywhere and do not require a lot of time.
- Encourage lifelong exercise and health with a fun, friendly competition that emphasizes consistency over athleticism and increases staff members' health and fitness.

### **Competition Dates**

Monday, October 3, 2011, through Friday, December 23, 2011

### **Competition Rules**

- The competition is open to all elementary school staff and Department of Transportation staff. All elementary school staff includes administrators, teachers, paraeducators, secretaries, building service workers, health technicians, and cafeteria workers. All staff members should be encouraged to participate.
- Each school will have a coach or will create a wellness committee. Committees are encouraged to create a culture of wellness year-round.
- Each participant will be required to set up a password-protected account on the online journal. The online journal is a Web-based program that allows participants to track their health and fitness goals. All information entered remains private and only aggregate data will be collected.

### **How to Participate?**

- Each school and bus depot is given two Fit Kits.
- Each school and bus depot is given a *Work It Circuit Challenge* Program Guide. The Program Guide includes the following:
  - Biweekly circuits with exercise explanation and pictures
  - Instructions on how to set up a circuit, and how to time your stations depending on how long you wish to workout
  - Instructions on how to build a personal fit kit
  - Instructions on warm-up exercises and proper stretching techniques
  - Basic nutrition and exercise information from the medical vendors
  - Program guides will be made available on the wellness website as a PDF

- Individuals will enter their activity (circuit training as well as all other activity) on the online tracking tool. Circuit training is just an option. It is not mandatory.
- No one person can receive credit for more than 60 minutes of activity per day.
- Competition registration on the online journal begins September 19, 2011. Staff members can find more information about the online journal on the wellness website.
- Staff members can begin logging activity on October 3, 2011, and continue to enter their daily activity through December 23, 2011. Activity completed or logged before October 3, 2011, or after December 23, 2011, will not be counted in the competition.

### **Thrive Across America—The Online Monitoring Tool**

MCPS elementary school staff will have one-year access to use Thrive Across America, the online monitoring tool, to record activity. By recording their daily progress, participants can have their own written history for motivation, positive reinforcement, and achievement of their goals. Participating staff members will create a password-protected account with Thrive Across America. Each participant is responsible for logging his or her physical activity. Participants can learn how to use the Thrive Across America by viewing online tutorials via the links from the wellness website.

### **Competition Incentives and Awards**

#### *Accumulating Mileage for the Awards*

- Every minute you exercise, you will advance on the virtual trail across the country.

#### *Competition Incentives*

##### Registration:

- The first 3,000 employees to register will receive a t-shirt.

##### Participation:

- Every two weeks, twenty individuals who have entered activity will be chosen at random to win a FruitGuys delivery of fresh, seasonal fruit and vegetables from local farms. This delivery will come right to your work location. This incentive only can be won once by an individual over the 12-week competition.

##### Six week:

- The top five schools with the highest average activity from the start of the program through week six will receive a healthy cooking demonstration and tasting at their location.

#### *Competition Grand Prizes*

- The top 2 schools with the highest average activity will win a \$5,000 grant.
- Five schools will win a spirit award. Nominations for spirit awards can be found on the wellness website. Only complete nomination applications will be accepted. The steering committee will determine winners based on application guidelines. The prize for the spirit award is a yoga or Zumba class at their school.