2018
FITNESS CHALLENGE

Join us!
The Fit Challenge is a campus-wide effort that invites our community members to create healthy lifestyle habits. It provides the encouragement, the programming, and a little friendly competition to set the foundation for health, wellness, and fitness!

CHALLENGE DATES:
FEBRUARY 5TH THROUGH APRIL 13TH

REGISTRATION BEGINS FEBRUARY 1ST

OPEN TO BMC FACULTY, STAFF, STUDENTS, & SCHWARTZ GYM MEMBERS

EARN POINTS FOR EACH WORKOUT – POINTS REGISTER YOU FOR PRIZES!

STOP BY THE FITNESS CENTER TO REGISTER

Brought to you by the Bryn Mawr College Department of Athletics & Physical Education and BMC Fit Club, in association with Self Care at BMC
gobrynmawr.com

Questions? Contact Courtney chmorris
2018 FITNESS CHALLENGE

THE DETAILS

Registration begins Thursday, February 1st.

Participants can register at any time during the Challenge – registration takes place in the Fitness Center.

The Challenge event runs from Monday, February 5th through Friday, April 13th.

Earn points each time you work out! Record your points on the Challenge Board to be eligible for weekly and monthly prizes.

Check out the workout ideas below for inspiration. Like a routine? Stick with the same exercise. Need variety? Feel free to combine classes and your own workouts to create the most successful week, each week! Your choice!

*HOW DO I CHOOSE MY WORKOUT?*

Each of the following is worth ONE point:

**Own Workout** [30 minutes or more – anywhere, anytime, any exercise]

**Fit Club Class** [1 point per class – see the Fit Club calendar for details]

**Varsity Sports/Club Sports** [1 point per practice/training session/competition]

**PE Class** [1 point per class]

*HOW DO I WIN A PRIZE?*

Anyone who records FOUR or more points in a week is automatically registered for that weekly prize.

Participants who earn 16 or more points in a month are automatically registered into the monthly prize drawing.

Prizes will be awarded each Monday for activities of the prior week.

Stay tuned for more info about what the prizes are this year!

Questions? Contact Courtney: chmorris@brynmawr.edu