

Vinton Parks & Recreation Department

WINTER WORKOUT CHALLENGE



SIX WEEK CHALLENGE BEGINS
JANUARY 16TH



ADULTS AND KIDS OF ALL AGES ARE WELCOME TO PARTICIPATE!!!

Don't slip back into a routine of inactivity just because it is cold outside! Start the 2012 New Year off right and warm up by participating in a wide variety of exhilarating exercises and winter-related activities! There are over 20 different interesting exercise activities on our list that can be participated in to accumulate points towards reaching the final goal by February 26th.



All participants who reach this point goal will earn a T-shirt commemorating your success that you can then show off to all your friends and family!

Besides, staying active throughout the winter has countless benefits such as keeping yourself positive, healthy and fit! Now *that's* incentive!



Registration cost: \$10

Please try to register before this program begins. Entries will be accepted up until Friday, January 21st

* Please see the reverse side of this flyer for a list of activities (along with their point totals)

* A points tracking sheet can be picked up when you register or printed off online at www.vprdzone.com

2012 WINTER WORKOUT CHALLENGE – REGISTRATION FORM

Name: _____ Address: _____ City: _____

Home Phone: _____ Cell/Work Phone: _____ Email: _____

T-Shirt Size (Circle One): 10/12 (Youth M) 14/16 (Youth L) Adult S Adult M Adult L Adult XL Adult XXL

2012 WINTER WORKOUT CHALLENGE - ACTIVITIES LIST

Below you will find a list of exercises that you can participate in to accumulate points towards the ultimate goal of 60 points.

Aside from the obvious benefit of being one fit individual, you will also be rewarded with a T-shirt commemorating your success!

| EXERCISE TYPE | 30 MINUTES | 15 MINUTES |
|---------------------------------------|---|---|
| Running | Equivalent to distance run (Example: 1.25 miles = 1.25 pts) | Equivalent to distance run (Example: 1.25 miles = 1.25 pts) |
| Walking | Equivalent to distance walked (Example: 1.25 miles = 1.25 pts) | Equivalent to distance walked (Example: 1.25 miles = 1.25 pts) |
| Aerobics | | |
| Jazzercise (high impact) | 2.5 points | 1.25 points |
| Step Aerobics (high impact) | 2.5 points | 1.25 points |
| Water (low impact) | 2.0 points | 1.0 point |
| Basketball (Game) | 3.0 points | 1.5 points |
| Basketball (Leisurely, non-game) | 2.0 points | 1.0 point |
| Cycling | Equivalent to 1/2 distance biked (Example: 3 miles = 1.5 points) | Equivalent to 1/2 distance biked (Example: 3 miles = 1.5 points) |
| Skiing | | |
| Cross Country (moderate) | 3.5 points | 1.75 points |
| Downhill | 2.0 points | 1.0 point |
| Snow Fun | | |
| Building a Snowman | 1.5 points | 0.75 points |
| Making Snow Angels | 1.0 point | 0.5 points |
| Sledding | 2.0 points | 1.0 point |
| Ice Fishing | 1.0 points | 0.5 points |
| Snowball Fight | 1.5 points | 0.75 points |
| Snowboarding | 2.0 points | 1.0 point |
| Snow Shoveling | 3.0 points | 1.5 points |
| Skating | | |
| Roller | 2.0 points | 1.0 point |
| Ice | 2.0 points | 1.0 point |
| Volleyball | | |
| Game | 2.0 points | 1.0 point |
| Leisurely | 1.0 point | 0.5 points |
| Weight Training | | |
| 1 Minute Between Sets | 3.0 points | 1.5 points |
| 1.5 Minutes Between Sets | 1.5 points | 0.75 points |
| Martial Arts | 3.0 points | 1.5 points |
| Racquetball | 3.0 points | 1.5 points |
| Swimming | | |
| Leisurely | 2.0 points | 1.0 point |
| 25 Yards / Minute | 2.5 points | 1.25 points |
| 50 Yards / Minute | 3.5 points | 1.75 points |
| Stair Climber (machine or real steps) | 2.5 points | 1.25 points |
| Hockey (Ice or Floor) | 3.0 points | 1.5 points |