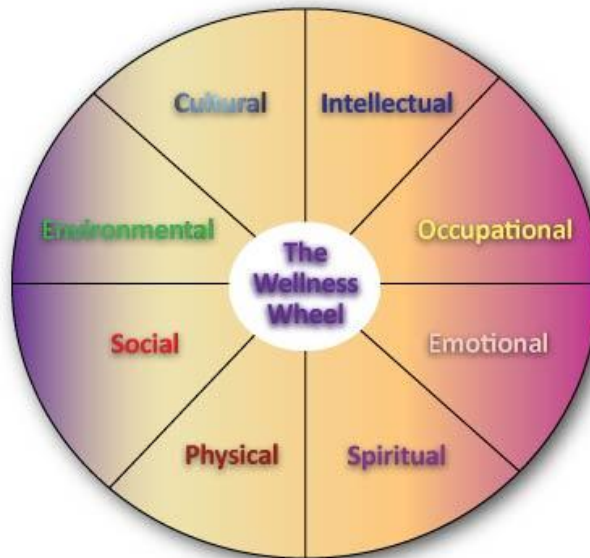


2009 – 2010 UNM Vamos Valencia Campus Fitness & Wellness Challenge

Guidelines



20 ways to try to accumulate as many wellness points as you can each month!

Keep track of your points on your monthly calendar and email calendar each month to receive total points for that month.

- 1) Turn in Monthly Calendar – 2 points
- 2) Campus Wellness Presentations – 2 points
- 3) Stay the Same Maintain Challenge – 2 points
- 4) Attend 1 or more Speaker Series in October 2009 – 2 points
- 5) Community Health Events , e.g. walks, runs, wellness fairs – 2 points
- 6) Get a Massage at the FWEC – 2 points
- 7) Attend other campus events, e.g. art shows – 2 points
- 8) Get a flu shot – 2 points
- 9) Donate blood or participate in other volunteer activities – 2 points

Nutrition for the Day

- 10) Grains – 6 oz a day – 2 points
- 11) Vegetables – 2^{1/2} cups a day – 2 points
- 12) Fruits – 2 cups a day – 2 points
- 13) Dairy – 3 cups a day – 2 points
- 14) Meat & Beans – 5^{1/2} oz a day – 2 points

Fitness

- 15) Calorie Intake and Exercise Calorie Output - - 2 points
Visit My Tracker at www.mypyramid.gov
- 16) Sign up for a pre and post Fitness Assessment – 2 points
- 17) Workout Sessions – 2 points
- 18) Vamos Valencia Campus Walks – 2 points
- 19) Enroll in a Physical Education Course and complete it – 2 points
- 20) Attend a Special Friday Workout – 2 points