



# DenverWellness

## Self-Paced Physical Activity Challenge

### Challenge Description

The Self-Paced Physical Activity Challenge is an 8-week challenge that encourages employees to pursue a healthier lifestyle by being more physically active. Employees log their weekly physical activity and aim to complete at least 30 minutes of aerobic activity 4 days each week.

### Challenge Requirements

To be eligible for the wellness credit in 2013, participants must complete a minimum of:

- 8 consecutive weeks of aerobic activity
- 4 days per week
- each day must be at least 30 minutes of non-stop aerobic activity
- log weekly activity on a designated challenge log sheet for the entire 8 weeks

Aerobic, or cardiovascular, activities must be continuous and performed at a moderate-intensity level. According to the 2008 Physical Activity Guidelines for Americans, moderate-intensity aerobic activity means you are working hard enough to raise your heart rate and break a sweat, yet still are able to carry on a conversation.

### Choose aerobic activities from the following approved list:

Aerobics - low impact, step, water, interval, boot camp, circuit training	Kickboxing, Judo, Karate, Tae Kwan Do & Capoeira	Snowshoeing
Basketball	Jumping Rope	Soccer
Bicycling & Stationary Bike	Officiating – soccer & basketball	Stair Climbing & Stairstepper Machine
Circuit Weight Training	P90X – cardio, plyometrics, Kenpo	
Dancing & Zumba	Racquetball	Swimming
Elliptical Machines	Rollerblading & Roller Skating	Tennis - singles
Football	Rowing	Ultimate Frisbee
Golf - without cart, 18 holes	Rugby	Volleyball
Hiking	Running & Jogging	Walking/Treadmill (briskly)
Hockey – ice or street	Skateboarding	Wii Fit Plus - aerobics
Ice Skating	Skiing (cross country)	Yoga – power, vinyasa, Ashtanga, Bikram styles

Within 2 weeks of completion of the 8-week challenge, participants will turn in their log sheet to the DenverWellness Staff via inter-office mail, fax to 720-913-5695 or e-mail to DenverWellness at [denverwellness@denvergov.org](mailto:denverwellness@denvergov.org). **All log sheets must be turned in by August 31<sup>st</sup>, 2012.**

For more information or to obtain a challenge log sheet, contact your Wellness Champion or visit [www.denvergov.org/denverwellness](http://www.denvergov.org/denverwellness).