Commit To Be Fit
June 19-July 14

Welcome! We’re glad you’re joining us!

Commit To Be Fit, a four-week, team-oriented, incentive program will reward its participants with consistent training and motivational teamwork. During June 19- July 14, participants will challenge themselves, and one another, to improving their overall health and wellness using American College of Sports Medicine’s weekly guidelines (150 minutes of moderate exercise per week).

Participants will maintain weekly activity logs using Google Doc or individual spreadsheets. Participants who choose to use Google Doc as their recording method will receive an email, by June 19, from the Program coordinators. Participants who choose to log their activity onto individual spreadsheets, at Health Promotion for Faculty and Staff’s office, will report their points, in person, to the program coordinators. All points are due to the program coordinators by Friday, at Noon, each week.

Each team is eligible for an award. Weekly points are cumulative, resulting in a team’s overall status. Upon completion of the program, teams will receive awards based on total activity points, character, and overall involvement of Health Promotion for Faculty and Staff’s programs (i.e. Overall Winner, Most Enthusiastic Team, Most Improved Team, etc.)

For more information, or to register, contact Emily Shaw at shawer@appstate.edu, or Morgan Ledford at ledfordme1@appstate.edu. The deadline to register is Wednesday, June 14.