WSU Wellness Challenge Points Explanations

Use the following guidelines when tracking points for the Wellness Challenge.

1. **Aerobics** - There is several ways to earn aerobic points.
   A. 30 or more minutes on any of the 16 pieces of cardio equipment located in the Fitness Center (or fitness center of your choice).
   B. 30+ minutes of jogging, walking, rollerblading, etc. of outdoor activity.
   C. Attending one of several classes offered by the WSU Intramurals department. (see intramurals activity)
   D. Earn 1 point maximum per day.

2. **New/Different Aerobics Activity** - This category encourages you to try something new. Each new activity provides a one-time opportunity to earn 2 points. You must list the new equipment/activity on your tracking sheet. You can qualify for a new activity max of 2 points daily and cannot earn points for a new activity (2) plus your regular aerobic activity (1) in one day.

3. **Strength Training** - You can do any type of strength training you desire. However, it must consist of a minimum 30 minutes of strength work to claim your 1 point max per day.

4. **Yoga/Stretch** - Taking to time to stretch is extremely important, so spend a minimum of 20 minutes daily to earn 1 point.

5. **Eat Healthy** - Eating healthy can be the last thing we think about, particularly while attending college. Make it a priority and earn 1 point daily by eating 3 veggies and 2 fruits daily. Hey, it’s a start!

6. **Attend Wellness Seminar** - The Wellness/Fitness Center will be hosting seminars on a variety of topics. These seminars will occur monthly and perhaps bi-weekly and will typically last 1 hour. Please watch for advertisements. (3 points)

7. **No-Smoking for the 24 hour day** - We are encouraging everyone to “quit the habit”. Each day without smoking is worth 1 point (yes, non-smokers qualify for points too).

8. **No-Alcoholic Beverages for the 24 hour day** - Earn 1 point daily by abstaining from consumption of alcoholic beverages. Avoid alcohol, feel better and earn extra points for you and your team.

9. **Intramurals Activity** - WSU offers extensive Intramural activities and participation in any of them is worth 1 point. Your choice of one intramural activity is equal to your aerobic activity for the day. Do not double up your aerobic points.

10. **7+ Hours of Continuous Sleep** - One of the biggest problems on a college campus is the lack of sleep issue. Sleeplessness can contribute to the inability to concentrate, depression and many other wellness problems. Earn 2 points daily by getting a minimum of 7 hours of sleep each night.

11. **WSU Sponsored Event** - Earn 2 points by attending any WSU sponsored event. This could be a campus concert, athletic event, etc.

12. **Community Service** - A great way to help our fellow neighbor is to volunteer to provide community service. There are many opportunities in Winona area. Service must last 30 minutes to earn 3 points.

13. **Doctor Visit** - It is very important that you have a yearly appointment with your doctor. This can be the first indication of any concerns or changes that you may have to make in your quest for life long wellness. (5 points)

14. **Attend or Participate in**: Healthy Monday’s, Fit stop Tuesday’s, Wellness Wednesday’s. 2 points per event.

15. **Participate in the WSU TRY-Atholon** To be held on Saturday February 21, 2015. 10 points. (no previous experience necessary) This is geared for everyone’s current level of fitness. From beginner, to intermediate and advanced.