



PIONEER 30-DAY FITNESS CHALLENGE

OCTOBER 1-31, 2018

#pioneer30day

Where's your William Paterson Pride? Challenge yourself to be a better YOU!

Students: Score a minimum of **20 points** for physical activity (1-point per activity), attending seminars & campus events and win a **T-Shirt** for your accomplishments!

(Fac/Staff = 30+ points) **Top TWO** finishers receive a **Duffle Bag & Gift Card**.

For More Information & to Register go to IMLeagues.com	1 CPR/AED Training 1:00 Or 30 Mins Exercise @ Sports & Recreation	2 "Learn to Lift" Seminar 12:30 @ Overlook FC (Earn 3 pts!) OR Campus Clean-up (1 pt.)	3 30 Mins Cardio: Walk, Jog, Row, Run	4 Attend Pioneer Pride Pep Rally or Pool Party	5 30 Mins Cardio: Walk, Jog, Row, Run	6 Attend a Homecoming Event Take a selfie #pioneer30day
	7 Take a Yoga Class 7:30 pm @ Overlook FC	8 30 Mins Core Training: Planks & Kneeling Extensions	9 Goal = 10,000 Steps! #pioneer30day	10 Try Lunch Bunch Yoga or Racquetball Doubles Tournament	11 "Women on Weights" Seminar 12:30 @ Sports & Recreation (Earn 3 pts!)	12 30 Mins Workout: Medicine Ball or Kettlebell
14 30 Mins Cardio: Walk, Jog, Row, Run, Swim	15 30 Mins Strength Training: Back & Biceps or Kickboxing	16 "Healthy Eating" Seminar 12:30 @ Overlook FC (Earn 3 pts!)	17 30 Mins Cardio: Walk, Jog, Row, Run, Swim, Elliptical	18 Take a Yoga Class 5:30 pm @ Sports & Recreation Center	19 30 Mins Strength Training: Legs	20 30 Mins Cardio: Walk, Jog, Row, Run, Swim
21 REST! Take a selfie #pioneer30day	22 30 Mins Strength Training: Abs & Shoulders or Zumba!	23 Take a Yoga Class 5:15 pm @ Sports & Recreation Center	24 30 Mins Strength Training: Chest & Triceps	25 Participate in Midnight Madness 11 pm @ Sports & Recreation	26 30 Mins Cardio: Walk, Jog, Row, Run, Swim	27 Get the Hike Outta Here! Weird NJ 10-2:30 Register on IMLeagues.com
28 Take a Yoga Class 7:30 pm @ Overlook FC	29 30 Mins Strength Training: Legs	30 Pumpkin Run! 12:30 pm @ Sports & Recreation	31 Trick or Treat? Just MOVE!	Schedule a Fitness Assessment Earn 5 points!		

William Paterson University • Recreational Services

Welcome to the Pioneer 30-Day Fitness Challenge!

This program is designed to focus on YOU. The goal is to increase your daily physical activity, introduce you to new exercise options, and develop an exercise routine that works for YOU. By participating in this fitness challenge, we encourage you to improve your overall health and wellness.

How the program works: Earn 1-point per activity, unless otherwise noted.

1. Register on www.IMLeagues.com
2. Complete the PAR-Q questionnaire and return completed form to the Sports & Recreation Center.
3. Set three personal fitness, health or wellness goals.
4. Work out in one of our three facilities: Sports & Recreation Center, Overlook Fitness Center or Wightman Pool. Sign-in at each facility in the Pioneer 30-Day Fitness Challenge Notebook. Score 1-point per day, per facility. (Workouts at other fitness facilities off-campus are great, but do not score points.)
5. Participate in any of the activities listed on the October Pioneer 30-Day Fitness Challenge calendar. Receive 1-point per activity.
6. Attend an information seminar and receive 3-points!
7. Participate in any Group Exercise class and earn 1-point per class attended.
8. Participate in any Intramural Sports program or tournament and earn 1-point.
9. Schedule & attend a Fitness Assessment and receive 5-points! Contact Karen at hilbergk@wpunj.edu to schedule.
10. Participate in the Pumpkin Run on October 30, 2018 and receive 5 points! Register on IMLeagues.com.
11. For alternative activities such as: Homecoming events, the 10,000 Step Challenge, Get Outside! And the REST! day – take a selfie or picture of your Fitness Tracker, post on Instagram and use the #pioneer30day. Have fun, but please be respectful! (Post responsibly.)

Prizes awarded:

Pioneer 30-Day Challenge T-Shirt: Students - Score 20+ points
Faculty/Staff - Score 30+ points

Duffle Bag/Backpack + Gift Card: Top 2 Participants with the most points
(Minimum points = 30+ points)