



2016 FAITH, FAMILY & FITNESS 21-DAY CHALLENGE

1) What is the Fitness Challenge?

The Fitness Challenge is a three-week program designed to encourage all men, women and children to get moving and be more active.

2) When does the Challenge begin?

Registration for the Fitness Challenge begins in September. Individuals and team captains are required to register by September 16, 2016. The programs begin and end dates are listed below:

CHALLENGE PROGRAMS -

- 21-Day Fitness Challenge - Register no later than Sept 16 2016 [Sept 18 2016-Oct 10 2016]

3) Who can join the Challenge?

The Fitness Challenge is for anyone who has registered for the **19th Annual Interfaith Health and Human Services Conference**. Children under the age of 13 must be signed up by a parent or guardian who grants permission for participation.

4) How do I start the Challenge?

The link to register for the challenge is online at www.sistersunited.org. You can sign up as an individual or a team. Everyone is responsible for keeping track of how many minutes exercised during the week.

Minimum Goals -

- *Workout Duration* = 30 minutes per day for 5 to 6 days a week
- *Workout Distance* = 1.5 miles (for walkers and runners)

5) How many can join a team?

Teams are comprised of 3 members. Weekly totals are calculated by the total number of hours exercised per team mate.

6) Will there be prizes?

Yes. Prizes will be awarded to individuals and teams based on active minutes. The winners will be announced and prizes will be distributed at the health conference.

7) What kind of physical activity qualifies for the challenge?

Any physical activity qualifies for this Fitness Challenge. We encourage you to do anything that gets you moving at a moderate pace (equal to a brisk walk). Other examples are using the stairs, housework, yard work, bike riding, hiking, recreational sports or dancing. Physical fitness is your ability to perform physical activity. The more you move, the more you improve.

Questions?

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