Spring Fitness Challenge

February 9-March 1, 2014

ASUFIT
MIND • BODY • SPIRIT

Can you accomplish one of these goals?

What about all 40 in three weeks? Sign up for this semester's ASUFit Fitness Challenge and complete as many of the tasks below to earn your team points. If your team is one of the top three at ASU, you'll all win a prize! Go to the ASUFit Web site for links and tutorials.

Hydration

- ☐ Give up sugary drinks (soda and sports drinks) for 1 week
- ☐ Give up coffee for 1 week
- ☐ Give up alcohol for 1 week
- ☐ Drink at least eight 8-oz glasses of water every day for 5 days

Nutrition

- ☐ Replace four dinners with a vegetable salad
- ☐ Make your lunch for five days (no frozen ready-made meals)
- ☐ Replace your normal deserts and snacks with a piece of fruit for 1 week.
- ☐ Eliminate sugar (glucose, sucrose, cane sugar, corn syrup, etc.) for one day
- ☐ Eliminate desserts for a week
- ☐ Keep a food journal for one day

Education

- ☐ Read our article about flu shots
- ☐ Watch our video clip on running
- ☐ Watch our video on sleep
- ☐ Take our test to see your chances for heart disease
- ☐ Volunteer for a local running or biking event

Running/Walking Activities

- ☐ Run or walk 1 mile without stopping
- ☐ Take a 15 minute or more walk during your lunch break every day for one week
- ☐ Run or walk a local road or trail race
- ☐ Stand up (or move around) for 10 minutes every hour for one day (8 am to 5 pm)

Other Endurance Activities

- ☐ Count the number of calories that you're burning during exercises for 1 week
- ☐ Play a round of disc golf
- ☐ Swim 400 meters at one time
- ☐ Bike (indoors or outside) for 30 minutes straight
- ☐ Hike one of the trails at the San Angelo State Park

Strengthening Activities

- ☐ Do 20 push-ups in a row
- ☐ Do 20 squats in a row
- ☐ Do 10 burpees in a row
- ☐ Do 30 crunches in a row
- ☐ Do 30 sit-ups in a row

Stress Relief and Positive Thinking

- ☐ Track how many hours of sleep you're getting for 1 week
- ☐ Follow along with our 15 minute yoga video
- ☐ Follow along with our Tai Chi exercise
- ☐ Make a list of 20 things that you like about yourself and post it where you can see it every day
- ☐ Follow along with our video on stretching

Medical Checkups and Hygiene

- ☐ Floss your teeth every day for one week
- ☐ Brush your teeth twice a day for one week
- ☐ Schedule your yearly check-up
- ☐ Get your blood pressure checked
- ☐ Get your flu shot
- ☐ Take your resting heart rate

Sign up your team @ http://www.angelo.edu/asufit