

NWS Earle Team,

With much excitement, we are announcing the official start of the Warrior Motivation Challenge (WMC) to begin on Monday, 18 May 2020! Born from the circumstances brought about by the COVID-19 pandemic, we are taking back what was lost to isolation and closing of fitness centers. The goal of this challenge is to unite our NWS Earle Team through the conditioning of Mind, Body, and Spirit. With the assistance of friendly competition we will strive to better ourselves, our teammates, and our NWS Earle team. This challenge is designed for EVERYONE, and will always have a method to encourage participation regardless of fitness level or health restrictions. Based on a graded point system, participants will compete within teams to spur one another onto greatness.

A weekly newsletter will announce the previous week's Top Team, nutritional information (meal suggestions), inspirational commentary, and current challenges. Another item in the newsletter will be a Workout of the Day (WOD). This will provide a simple solution for those moments when you just can't decide or add some complexity to your normal routine. To gain more points, an office/home challenge calendar will be given to earn more points. Points are also added for bringing more people to this competition, promoting positivity, and completing wellness activities (i.e. journal prompts and gratitude challenge). We will add additional opportunities as we progress through the challenge.

Teams can consist of any amount between 3 and 15, and must have a Team Leader who is willing to motivate, encourage, and track the team's efforts. Team names will be assigned numerically by Coordinator.

As we prepare to kick off this challenge please note the following:

1. Participants must read and comply with the attached PARFQ/ORM form.
2. Fill out the entry form for submission on Monday 18 May 2020. If you struggle to find a team, we will take care of that for you.

While the official kick-off is Monday, participants can be added to teams at any point and are ENCOURAGED to do so.

If you are identified as a Team Leader, I will email you separately concerning expectations and score submissions.

\*\*\*Again, this is for everyone. Please join us in this new chapter of NWS Earle's legacy.\*\*\*

# WARRIORS MOTIVATION CHALLENGE ENTRY FORM



Name:

Command/Affiliation:

Email Address:

Team Leader:

**\*Team Name:**

*If you do not have a Team, we will place you on a team.*

*\*Assigned by Challenge Coordinator*

The goal of this challenge is to unite our NWS Earle Team through the conditioning of Mind, Body, and Spirit. With the assistance of friendly competition we will strive to better ourselves, our teammates, and our NWS Earle team. This challenge is designed for everyone, and will always have a method to encourage participation regardless of fitness level or health restrictions.

I have read and understand the **WARRIORS MOTIVATION CHALLENGE** PARFQ and ORM Statement

I pledge to:

- Be Physically Active at least 3x a week
- Drink 6-8 eight oz. glasses of water a day
- Eat healthy within the \*80/20 Rule
- Participate in a Wellness Activity daily
- Promote a positive attitude towards Mental, Physical and Spiritual Fitness
- Motivate and challenge my teammates and **all** participants

\*To follow the 80/20 rule, you eat a "clean" diet 80 percent of the time and then allow yourself to enjoy a few indulgences 20 percent of the time.

## Rules For Competition:

Participants will report their activity to their Team Leader for a graded point value based on the criteria below.

The maximum score per day will be 50 points.

Weekly scores are calculated from Sunday to Sunday

Team scores are averaged and results will be published Monday

### Based on 10 min intervals

#### 1 Point

- Family Activities (Playing Catch/ Frisbee)
- Stretching/Mobility
- Walking (casual)

#### .5 Point

- Office/Home Bonus Challenge
- Share a positive message via phone, text, social media
- Wellness Activity (Mediation, Prayer, Journal, etc.)

#### 2 Points

- Aerobics
- TaiChi/Pilates/Traditional Yoga
- Biking (at a casual pace)
- Calisthenics
- Canoeing/Rowing/Kayaking
- Dancing/Zumba
- Hiking
- Power Walking
- Weight Training
- Yard Work (raking, mowing)
- Sports (Moderate)
- Add a Team Member

#### 3 Points

- Advanced Cardio Workout
- Biking (at fast pace - Spinning/Mountain Biking)
- Elliptical
- High Intensity Interval Training
- Jump Roping
- Kick-boxing/Martial Arts
- Power Yoga
- Rowing Machine
- Running
- Stair climber Machine
- Swimming
- Sports (Intense)
- Work Out of the Day**

Participant Signature:

Team Leader Signature:

Date Entered:

# WARRIORS MOTIVATION CHALLENGE

## PARFQ

## Physical Activity Risk Factor Questionnaire

Being physically active is one of the most important actions that people of all ages can take to improve their health. Physical activity fosters normal growth and development and can make you feel better, function better, sleep better, and reduce the risk of a large number of chronic diseases.

If you are planning to become more physically active, start by answering the questions below. If you are between the ages of 15 and 69, the PARFQ will tell you if you should check with your doctor before you start exercising. Please read the questions carefully and answer each honestly. For a copy or assistance completing the PARFQ, please speak with your team leader.

**Operational Risk Management (ORM):** This challenge is at your own risk, including activity and nutritional suggestions. Know your limits, and participate safely. Like all challenging things, exercise comes with some risks. To minimize these risks, do not overexert yourself past your limits. Some exercises require equipment, do not use any equipment you are unfamiliar with. When in your home, be mindful of your surroundings and give yourself enough space. If outside, take precautions to minimize hazards on the road by wearing bright or reflective clothing in times of darkness and following regulations regarding use of headphones.



- You are pregnant or have reason to believe you could be pregnant.
- You were pregnant and/or gave birth within the past 5 months.

### HAVE YOU EXPERIENCED ANY OF THE FOLLOWING SYMPTOMS/PROBLEMS?



- Unexplained chest discomfort
- Unusual or unexplained shortness of breath
- Dizziness, fainting or blackouts associated with or without exertion
- Other medical issues (including bone and joint problems) that would keep you from safely participating in a physical activity



### DOES EITHER OF THE FOLLOWING APPLY TO YOU?

- Male 45, female 55 or older
- A family history of myocardial infarction, coronary revascularization or sudden death before the age of 50



### HAVE YOU BEEN PHYSICALLY INACTIVE?

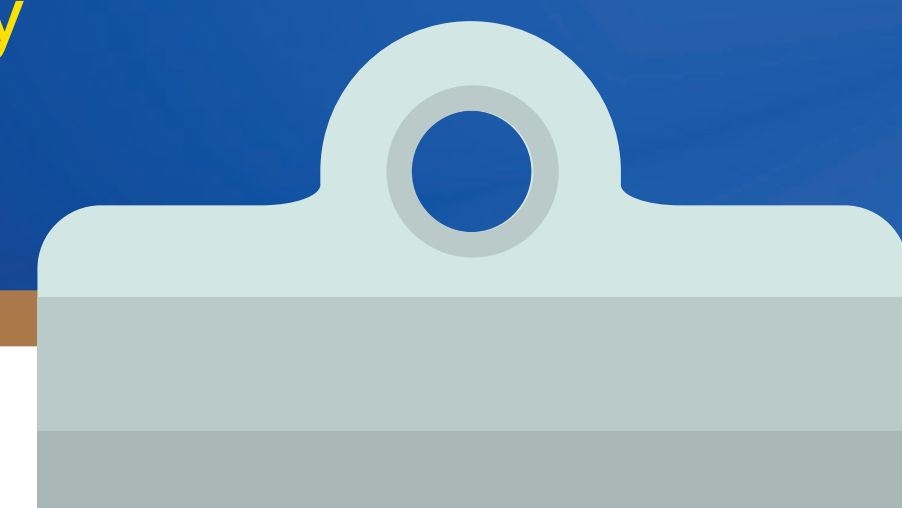
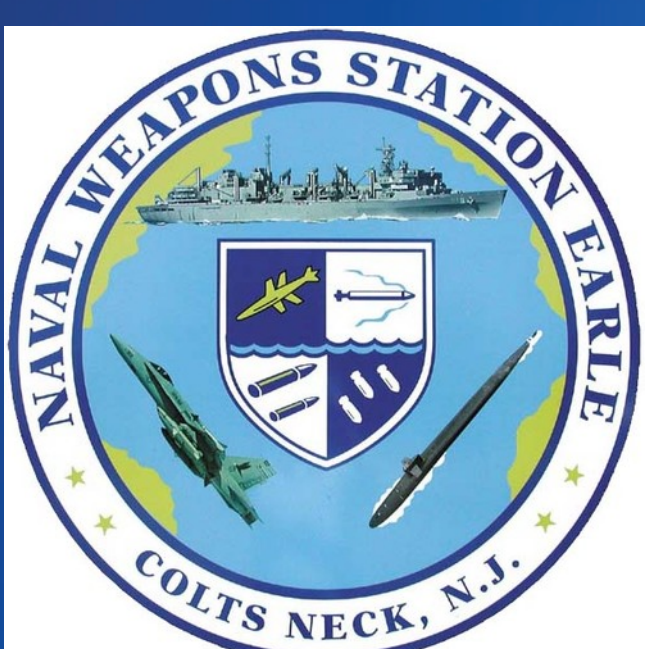


- Inactive is defined as no light to moderate or vigorous leisure-time activity of at least 10 minutes a day.



### DOES ONE OR MORE OF THE FOLLOWING APPLY TO YOU?

- Used tobacco products in the last 30 days
- Diagnosed with diabetes and/or high blood pressure
- Diagnosed with dyslipidemia (LDL above 129 or HDL below 39)
- Family history of heart disease at any age



### IF YOU ANSWERED...

#### YES TO ONE OR MORE QUESTIONS:

Talk with your health care provider (HCP) before becoming physically active or prior to starting a new workout routine. Tell your HCP about the PARFQ and which questions you answered YES.

- You may be able to participate in physical activities – start slow and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk to your HCP about the activities in which you intend to participate.

#### NO TO ALL QUESTIONS:

If you answered NO honestly to all PARFQ questions, you can be reasonably sure that you can:

- Start becoming much more physically active – begin slowly and build up gradually.
- Talk to your HCP as needed to discuss activities that would be right for you.

#### ➡ **DELAY ACTIVITIES IF:**

If you are not feeling well because of a temporary illness such as a cold or a fever, wait until you feel better.

*NOTE: If your health changes so that you now answer YES to any of the above questions, tell your HCP.*