

# *Active for a* **HEALTHIER *Life***

## **Participate in Active for a Healthier Life 2012** **February 27 – April 22, 2012**

**\*\* All forms are available electronically and can be found online \*\***

[http://www.bcps.org/offices/sss/employee\\_wellness/afl.html](http://www.bcps.org/offices/sss/employee_wellness/afl.html)

Active for a Healthier Life has a minimum goal of activity that corresponds to national guidelines. Most health organizations recommend at least 30 minutes a day of moderate exercise, 5 days a week. Participants must set a minimum goal to exercise for at least 150 minutes (2½ hours) a week; therefore, earn 1,200 points throughout the program.

1. Complete and sign the *Registration/Disclaimer* form and return to your team captain **by February 17, 2012.** Your team captain is responsible for turning your team's paper work in to the Employee Wellness Program, so please be sure to adhere to the February 17, 2012, date. You are not registered to participate in the program until the *Registration/Disclaimer* form is completed, signed, and returned.
2. Decide how many minutes a week you will commit to being physically active and multiply that number by eight (the number of weeks in the program). This is your total point goal. Record your total point goal on the *Registration/Disclaimer* form. Remember, the minimum goal is 150 minutes per week, for a total of 1,200 points in eight weeks.
3. Begin tracking your physical activity minutes on Monday, February 27, 2012.
4. Track your physical activity minutes each day/week through the end of the program, April 22, 2012. Don't stop tracking just because you reached your goal.
5. Complete the *Active for a Healthier Life Participant Log* by April 23, 2012. **Remember to fill in the total number of points you achieved in the program.** Return the *Participant Log* form to your Team Captain **by April 23, 2012.**

**Prizes: Two categories of prizes will be awarded this year.**

1. Thirty names will be randomly drawn from the registration lists. These prizes will be awarded mid program.
2. Thirty names will be randomly drawn from the list of those who meet their fitness goal. These prizes will be awarded at the end of the program.

**Important Note:** Please adhere to all dates/deadlines. Only participants whose forms have been received by the noted dates will be eligible for the prize drawings. No exceptions will be made. Thank you for your understanding and cooperation.