

Blackburn COLLEGE

The 2022 Student Wellness Challenge has been designed to motivate you to incorporate healthy behaviors into your busy lifestyle and to help you excel in college life. Your mind works better when your body works hard. Here's how it works:

- All students, faculty and staff at Blackburn College are eligible to participate, but only students will be eligible for the grand prizes.
- Points may be accumulated over nine weeks – between Wednesday, September 21 through November 23.

HOW DO I EARN POINTS?

- Physical Fitness: Points can be earned through physical workouts *of any kind*.
- Emotional Health: Points can be earned through meditation, prayer, or social activity.
- Nutrition: Points can be earned through healthy fuel intake.

SCORECARDS AND PRIZES

Everyone is on the honor system! To be entered into the drawing for prizes, an online scorecard must be completed at: <https://forms.gle/SR3uNKkofZyx9SWp6>. Points should be entered on a weekly basis.

- **ALL ONLINE SCORECARDS MUST BE COMPLETED BY 5:00pm FRIDAY, NOVEMBER 23.**

GRAND PRIZES (*Note: Only students are eligible for the prizes*).

- One STUDENT with 501+ points will be entered to win a **\$100 gift card to Crowe's Boot and Shoe Store**.
- All participants entering a scorecard with at least 50 points will be entered into a drawing to win a **Healthy Goodie Basket**.
- (If you make the recommended healthy choices, you, too, will be a winner, regardless of your points!)

OTHER PRIZES

A tier point system will be used for drawing prizes. All participants that submit their scorecard by the due date will be entered to win a prize within the applicable tier for total points earned (one chance per entry).

Tier One	50 – 250 points	Chance to win one of three Healthy Baskets
Tier Two	251 – 500 points	Chance to win one of three / \$25 gift card to The Marvel Movie Theater
Tier Three	501+ points	Chance to win \$100 gift card to Crowe's Boots and Shoe Store

AWARDS: All drawings and prizes will be announced and awarded **via email**.

POINTS PAGE

This page is intended as a guide to help you determine how to obtain points for your Student Wellness Challenge activity. **The suggestions below are not the exclusive way to earn points but are intended as a gauge to assess your workouts. Please also note that the Physical Exercise entries are tabulated DAILY and the Emotional and Nutritional entries are tabulated WEEKLY.** If you have any questions, please direct them to Gary Ross (gary.ross@blackburn.edu) at the Blackburn Campus Clinic.

PHYSICAL EXERCISE

You may log points for **one** workout per day.

5 Points - Light

15 – 30-minute walk

Golfing

Follow the “Blackburn Student Life” Facebook and Instagram Pages (*one time only*)

10 Points - Moderate

10 – 20-minute jog

30-minute routine weightlifting

15 Points - Strenuous

45–60-minute weightlifting session

Strenuous sports (intramurals, basketball, soccer)

20 Points - Fanatical

5k run

Spin Class

25 Points - Extreme

Organized 10k or longer run

CrossFit Competition

EMOTIONAL HEALTH

- 10 points for each **week** that you meditate or pray at least five times.
- 10 points for each **week** that you participate in at least one health social activity.
 - (i.e. – Attend a Blackburn sporting event with friends, go to a movie, go on a hike with friends, etc.)
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NUTRITION

- 15 points for each **week** you make healthy food choices for at least 3 entire days. (Pizza & Potato Chips = not healthy)
- 20 points for each **week** you remove sugary snacks and drinks from your diet for at least 5 entire days.