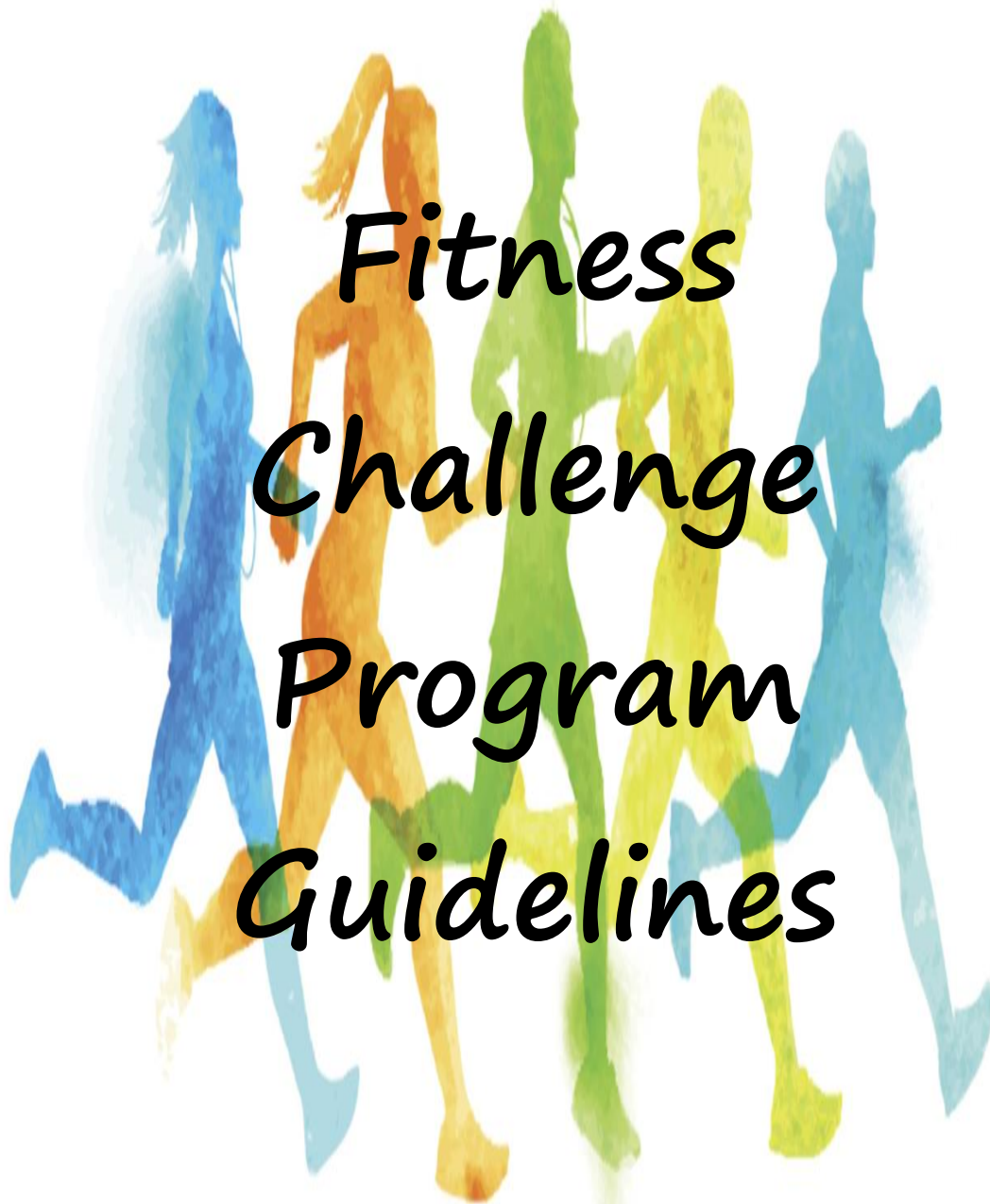




**NJCU's**  
**Fitness Challenge**





# NJCU's

## Fitness Challenge

### **Program Objective**

The New Jersey City University (NJCU) Fitness Challenge is a program designed to promote health and wellness for faculty, staff and students. By tracking steps, participants can motivate and challenge one another to increase daily steps to meet their personal health and fitness goals.

The Fitness Challenge was introduced in 2017 as a way to engage the NJCU community to lead a healthier lifestyle. Staff, faculty and students are strongly encouraged to join the program.

Faculty and Staff can submit their interest to compete by filling out an online form available via e-mail. Space is limited and eligible participants are selected on a first come, first served basis.

### **Program Coordination**

This program is coordinated by the Human Resources Office along with the following departments: The President's Office, Student Success Initiatives, Athletics' Department, Campus Card Services and The Marketing and Communications Department. The Fitness Committee consists of different members of the University.

Each year during the fall semester the Marketing and Communications Department will notify the NJCU community of the program's guidelines and how to sign up.

### **Fitness Challenge Celebrations**

- **Kick Off Event:** Welcomes everyone participating in the program. This is a meet and greet celebration.
- **Wednesday Walkathons:** Welcomes everyone to engage in participating for 10-minute walks during their lunch hour. A committee representative will lead the walk around campus.
- **Closing Ceremony:** Concludes the Fitness Challenge program for the Fall. During this celebration, members that participated will be recognized for their effort and support to the program.



# NJCU's

## Fitness Challenge

### **Eligibility**

All full-time and part-time permanent staff employees are eligible to participate in the fitness program. Excluding per-diem, contracts, etc.

Student participation will be selected in consultation with different student programs and services.

### **Participation and Teams**

All participants must have their own personal fitness tracking device (e.g. Fitbit, apple watch, etc.)

To give all employees an opportunity to compete in the challenge all first-time participants will be placed in teams.

The Remaining team spaces will be given to returning participants on first come, first served and compatibility with team's wearable fitness trackers and/or fitness tracking app.

### **Rewards | Prizes**

All participating members including committee members are eligible for prizes.

### **Funding**

The Fitness Challenge program is partially funded by the NJCU Foundation. The program requires sponsors and donations.

### **Challenges | Competition**

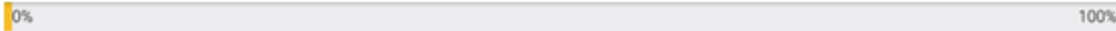
The challenges are conducted during the Fall Semester of each year. The competition is for a total of 6-weeks. Competitions are based on adding steps during the specific workweek hustle | Challenge Week 1, 2, 3, 4, 5 & 6.



# NJCU's Fitness Challenge

ENROLMENT PARTICIPATION WILL BE AVAILABLE VIA ONLINE FORM.

See example enrollment form below:



2019 Fitness Challenge  
**Kick Off Breakfast RSVP**  
Tuesday, October 8, 10–11:45 a.m.

First Name\*

Last Name\*

Email\*

