

Wellness Committee is offering  
On-Campus fitness events  
to help you Fill the Grid!

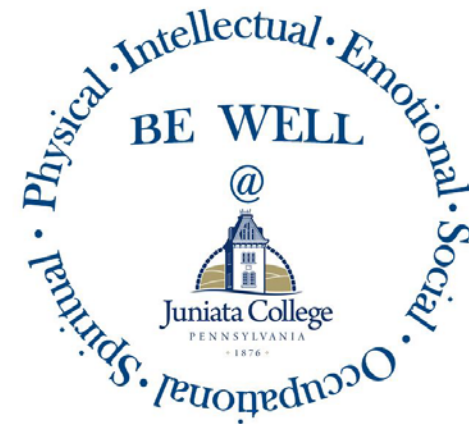
- Week 1**      **5K/1M Walk/Run**  
**June 6 - 11:30 am**
- Week 2**      **Farmer's Market Walk**  
**June 14 11:30 am**
- Week 3**      **Strength Training w/ Doug Smith**  
**June 20 11:30 am**
- Week 4**      **Tai Chi w/ Phil Dunwoody**  
**Date/Time TBD**
- Week 5**      **Walk the Track**  
**July 5 11:30 am**
- Week 6**      **Farmer's Market Walk**  
**July 12 11:30 am**
- Week 7**      **Walk to the Peace Chapel**  
**July 18 11:30 am**
- Week 8**      **Dance Day**  
**July 25 11:30 am**
- Week 9**      **Group Fitness Class**  
**Date/Time TBD**
- Week 10**     **Farmer's Market Walk**  
**August 9 11:30**

**\*Please Note:** Activity dates are tentative and  
subject to change. Watch the campus  
announcements for further details  
on these events!

# **Fill the Grid**

## **Summer Fitness Challenge**

Participant Name: \_\_\_\_\_



## Your Goal: 2 ½ hours of Activity Each Week

	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
<b>Week 1</b> 6/4-6/10	30	30	30	30	30	30	30
<b>Week 2</b> 6/11-6/17	30	30	30	30	30	30	30
<b>Week 3</b> 6/18-6/24	30	30	30	30	30	30	30
<b>Week 4</b> 6/25-7/1	30	30	30	30	30	30	30
<b>Week 5</b> 7/2-7/8	30	30	30	30	30	30	30
<b>Week 6</b> 7/9-7/15	30	30	30	30	30	30	30
<b>Week 7</b> 7/16-7/22	30	30	30	30	30	30	30
<b>Week 8</b> 7/23-7/29	30	30	30	30	30	30	30
<b>Week 9</b> 7/30-8/5	30	30	30	30	30	30	30
<b>Week 10</b> 8/6-8/12	30	30	30	30	30	30	30

**Up for a Challenge? Fill the Grid!**

The Wellness Committee invites you to join our **“Fill the Grid”** Summer Fitness Challenge.

What’s the challenge? Be more active! What’s your goal? Just log 2 ½ hours of physical activity per week! Each time you complete 30 minutes of physical activity, fill in a block on the grid. If you have 50 blocks filled on the grid at the end of 10 weeks, you will have completed the **Fill the Grid** Challenge and earned your participation prize! Up for more of a challenge? Fill the entire grid (70 blocks), and you will earn a chance to be entered in the grand prize drawing!

It is not necessary to be on campus to join the challenge, but organized activities will be offered each week of the challenge. Looking for activities to help you **Fill the Grid**? Join us for some fun group activities. Participants in attendance will be entered into weekly prize drawings, which will be held following each event. If you cannot join us at an on campus event, simply complete a fitness activity on your own, and post about it on social media using the hashtag **#BeWellJuniata** to have your name entered into weekly prize drawings. Even if you are “off the grid,” post about it when you return, and we’ll include you!

Activity Suggestions:

Activity Intensity Guide	
<b>LOW</b> 4 Calories burned per minute	<b>Sample Activities:</b> Bowling, Calisthenics, Light cycling, Golfing with power cart, Ping pong, Skateboarding, Square dancing, Light stretching, Swimming slowly, Doubles tennis
<b>MEDIUM</b> 7 Calories burned per minute	<b>Sample Activities:</b> Light aerobics, Basketball, Fast dancing, Moderate cycling, Football, Golfing carrying clubs, Mowing using a push mower, Pilates, Racquetball, Swimming, Brisk walking, Light weight lifting
<b>HIGH</b> 10 Calories burned per minute	<b>Sample Activities:</b> Advanced aerobics, Aqua aerobics, Circuit training, Fast spinning cycling, Football training, Jogging, Advanced racquetball, Skiing, Ski machine, Swimming laps, Advanced swimming, Stair climbing, Singles tennis, Power walking