

~~It's too cold~~

Excuses, Excuses

~~It's too hot~~ ~~I'm tired~~

LET'S GET

~~It's raining~~
~~It's too late~~

AGGIEFIT

It's back!

The 7 week Healthy U Challenge

January 20th, 2017- March 8th, 2017

It's a friendly competition open to NMSU students, faculty, and staff that are AggieFit members.

**Weekly weigh-ins, health education materials,

Fitness tips, bi-weekly workshops to help you become a *Healthier U!*



Stop by room 101 in the AC to sign up or visit recsports.nmsu.edu/aggiefit/ and click "Sign up for the Healthy U Challenge"

For more information please call 646-2907 or email aggiefit@nmsu.edu

Who can accept the HEALTHY U Challenge?

*AggieFit members

*Any student that has paid the NMSU wellness fee

*The initial weigh-in will be on Friday, January 20th, 2017 with the official start date on Monday, January 23rd, 2017*Final weigh-in: Wednesday, March 15th, 2017 (the winners will be calculated over spring break and notified).*

RULES:

1. Participants will weigh-in for 7 weeks between 7:30am-5:30pm on Fridays in the AggieFit Office. Participants must weigh in on the *Tanita Ironman InnerScan Body Composition Monitor* to be eligible for prizes. Weekly emails will be sent with results for each week.
2. Participants will be divided into Men and Women categories and further divided into categories by age (< 39 & > 40).
3. Weigh-in will consist of a weekly weight and body fat % calculation.
4. Prizes will be given out for 1st, 2nd, and 3rd place winners for each age group category. In order to qualify for a prize, participation must consist of 7 weeks of weekly weigh-ins on Fridays.

**Placing will be determined by the participant who has the greatest % weigh loss, and will follow for 2nd and 3rd place.*

1st place – Fitbit Charge (valued at \$130)

2nd place – 5 free sessions with an AggieFit personal trainer (valued at \$135)

3rd place – 3 free sessions with an AggieFit personal trainer (valued at \$85)

Bi-Weekly Clinics:

- 1) Weight lifting Clinic: January 25th at 5:30pm Corbett Center Fitness Center
- 2) Cardio Clinic: February 6th at 5:30pm at AC (meet in Wellness Office)
- 3) Walking Clinic: February 20th at 5:30pm at AC (meet in Wellness Office)

Weight lifting– Everyone has been there; you're new at the gym or need a refresher, and you don't know where to go or what to lift or how to use the machines. You are not alone! Help is here! This clinic will introduce the basic principles and techniques of proper weight training to achieve the best results.

Cardio- Not sure how to maximize your cardio routine? This clinic is being lead by one of our personal trainers. She will help you go over the basics of how to put together a cardio routine.

Walking– Make your walk count! Contrary to popular belief, fitness walking doesn't have to look ridiculous. This clinic will provide you with basic fitness knowledge techniques and training methods of fitness walking are practiced and refined. Steps needed per day is 10,000. We can help!!