



Get together. Get active. Get healthy.

## **REGISTRATION**

2019 Great Strides Community Exercise Program  
Monday, March 25 - Sunday, May 5, 2019

The Great Strides Community Exercise Program encourages increased activity levels above and beyond your normal daily activity.

**SANFORD**<sup>®</sup>

Vermillion

## TEAM CAPTAIN/INDIVIDUAL DUTIES:

Complete and return registration by Friday, March 22 to Sanford Vermillion main lobby (20 S Plum St.).

Registration packet includes:

- Team captain registration form
- Completed team member information (6 members max)
- Entry fee - \$10 per person

Report team's average points for previous week to: [jill.christopherson@sanfordhealth.org](mailto:jill.christopherson@sanfordhealth.org) or (605) 677-3617 each Monday by 5 p.m.

Logs not received by 5 p.m. Friday will not count.

## CATEGORY

Choose the category that best fits your team activity level. Teams may be asked to step up a level if their team averages are above the category averages.

The categories of competition are as follows:

- Recreational - 36 points/member in six weeks - average 6 per week/per person
- Intermediate - 90 points/member in six weeks - average 15 per week/per person
- Power Pushers - 150 points/member in six weeks - average 25 per week/per person
- Extreme Exercisers - 240 points/member in six weeks - average 40 per week/per person

## TEAM MEMBER(S):

Report points to your captain each Monday by noon starting on Monday, April 1 for the week prior. Your last log sheet will be due Monday, May 6.

Weekly standings will be reported at [sanfordvermillion.org](http://sanfordvermillion.org).

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## HEALTH INFORMATION & CALCULATING POINTS

Before exercising, please consult your physician if you:

- Are 40 or older and are not accustomed to regular exercise.
- Have heart trouble, a heart murmur or have had a heart attack.
- Frequently have pain or pressure in the chest, neck, shoulder or arm after exercise.
- Experience extreme breathlessness after mild exertion.
- Have bone or joint problems.
- Often feel faint or have spells of severe light-headedness.
- Have medical conditions that might need special attention.

Activity Level	Description	Sample Activities	Energy Conversion
<b>Level 1</b>	<b>Light Activity</b> (Can carry on conversations easily; no breathlessness)	Gardening, bowling, snowmobiling, painting, car washing, fishing, window cleaning, softball, golf (without cart), slow treading in pool, dusting or vacuuming.	20 min. of activity = 1 point
<b>Level 2</b>	<b>Moderate Activity</b> (Becomes more difficult to carry on conversation, more breathing)	Weightlifting, shoveling snow, dancing, barn cleaning, raking, racquetball, tennis, volleyball, skiing easy, handball, yoga, ice skating recreational, swimming recreational, competitive table tennis.	20 min. of activity = 2 points
<b>Level 3</b>	<b>Vigorous Activity</b> (Heavy breathing, few rest periods, cannot carry on conversation)	Exercise classes (spinning, step, HIIT, Power lifting, circuit, Total body conditioning) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, boxing sparring, chopping wood, swimming fast laps, competitive dancing.	25 min. of activity = 3 points
<b>Running &amp; Walking</b>			Report Actual Miles 1 mile = 1 point
<b>Biking</b>			3:1 Ratio (Report 1 point for every 3 biked)

Reminders: 1. If you are using a pedometer, please do not "double dip", meaning if you played racquetball continually for one hour and recorded six points, you shouldn't also record your pedometer reading.  
2. Above and beyond normal daily activity does not include routine "step counting".

## INCENTIVE PRIZES

### USD WELLNESS CENTER

Call (605) 677-8803 or (605) 677-8820 for more information.

### SANFORD PROFILE

Call (712) 250-2598 for more information.

### WEEK 3 INCENTIVES:

Teams achieving point goals by April 14 (end of week 3) are eligible to receive a USD Wellness Center Day Pass and a 20% off purchase coupon at Sanford Profile (current Profile members, 30% off). Passes must be obtained at Sanford Vermillion main entrance between April 21 - May 5.

- Recreational - 18 points team average
- Intermediate - 45 points team average
- Power Pushers - 75 points team average
- Extreme Exercisers - 105 points team average

### WEEK 6 FINAL INCENTIVES:

Teams achieving point goals by May 5 (end of week 6) are eligible to receive a USD Wellness Center \$10 off punch pass coupon and a 50% off membership coupon with Sanford Profile (current Profile members extend one years membership for \$50). Incentives may be obtained at Sanford Vermillion main entrance by May 19.

- Recreational - 36 points team average
- Intermediate - 90 points team average
- Power Pushers - 150 points team average
- Extreme Exercisers - 210 points team average

### POST-PARTY BASH

Wednesday, May 8, 5:30 p.m.

USD Wellness Center MAC Gym,  
1031 N. University St., Vermillion

*(Walk a mile before the bash –  
11 laps around the track = 1 mile)*

Join us for snacks, door prizes, facility tours and more. Sanford Profile is providing a \$300+ value door prize (blender bottle and 1 FREE membership). Must be present to win!

## 2019 Great Strides Community Exercise Program

### Team Captain's Weekly Log Worksheet

TEAM NAME: \_\_\_\_\_

CAPTAIN: \_\_\_\_\_

WEEK OF: (Please check week being reported)

- March 25-31     April 1-7     April 8-14  
 April 15-21     April 22-28     April 29 - May 5

Team Member

Total Points Exercised

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TOTAL TEAM POINTS\* \_\_\_\_\_

**DIVIDED BY # of team members = TEAM AVERAGE** \_\_\_\_\_

*Please report total points to your captain by Noon Monday each week.*

### Individual Weekly Log Worksheet

NAME: \_\_\_\_\_

WEEK OF: (Please check week being reported)

- March 25-31     April 1-7     April 8-14  
 April 15-21     April 22-28     April 29 - May 5

Monday \_\_\_\_\_ Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_ Thursday \_\_\_\_\_

Friday \_\_\_\_\_ Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

TOTAL POINTS\* \_\_\_\_\_

# 2019 Great Strides Community Exercise Program

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## Team Registration Form - Return by March 22

Team Name: \_\_\_\_\_

\_\_\_\_\_ Individual (#) \_\_\_\_\_ Team Members

*All Great Strides participants will receive a t-shirt at the post bash party May 8.*

Category:

- Recreational  Power Pushers  
 Intermediate  Extreme Exercisers

### TEAM MEMBERS: (please print)

#### Team Member 1/Captain

NAME: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Address: Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Great Strides Fee (\$10 per person):

\$ \_\_\_\_\_ (Cash or Check# \_\_\_\_\_ )

T-shirt size: S M L XL 2XL 3XL 4XL

*\*Add \$2 for 2XL and 3XL \*Add \$6 for 4XL*

#### Team Member 2

NAME: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Address: Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Great Strides Fee (\$10 per person):

\$ \_\_\_\_\_ (Cash or Check# \_\_\_\_\_ )

T-shirt size: S M L XL 2XL 3XL 4XL

*\*Add \$2 for 2XL and 3XL \*Add \$6 for 4XL*

#### Team Member 3

NAME: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Address: Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Great Strides Fee (\$10 per person):

\$ \_\_\_\_\_ (Cash or Check# \_\_\_\_\_ )

T-shirt size: S M L XL 2XL 3XL 4XL

*\*Add \$2 for 2XL and 3XL \*Add \$6 for 4XL*

*Make Checks payable to Sanford Vermillion.*

#### Team Member 4

NAME: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Address: Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Great Strides Fee (\$10 per person):

\$ \_\_\_\_\_ (Cash or Check# \_\_\_\_\_ )

T-shirt size: S M L XL 2XL 3XL 4XL

*\*Add \$2 for 2XL and 3XL \*Add \$6 for 4XL*

#### Team Member 5

NAME: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Address: Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Great Strides Fee (\$10 per person):

\$ \_\_\_\_\_ (Cash or Check# \_\_\_\_\_ )

T-shirt size: S M L XL 2XL 3XL 4XL

*\*Add \$2 for 2XL and 3XL \*Add \$6 for 4XL*

#### Team Member 6

NAME: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

Address: Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Great Strides Fee (\$10 per person):

\$ \_\_\_\_\_ (Cash or Check# \_\_\_\_\_ )

T-shirt size: S M L XL 2XL 3XL 4XL

*\*Add \$2 for 2XL and 3XL \*Add \$6 for 4XL*