

# HOW TO EARN POINTS

## **Earn Points By Moving**

1. For every 10 minutes of cardiovascular exercise you do, you earn one point. For example, if you go for a 30-minute walk and you do 30 minutes of snow shoveling, you earn a total of 6 points because you had a total of 60 minutes of activity. ( $60 \div 10 = 6$  points)
2. For every 10 minutes of resistance training you do, you earn one point. So, if you lift weights for 20 minutes and build a stonewall for 60 minutes, you earn a total of 8 points. ( $80 \div 10 = 8$ )
3. For every 10 minutes of stretching you do, you earn one point.
4. For every 10 minutes of Yoga, Tai Chi, Pilates or similar type training you do, you earn one point.
5. For every 10 minutes of Core Stability training you do, you earn one point. (Examples of Core Stability type exercises are listed under Resources tab at [www.madisonchallenge.com](http://www.madisonchallenge.com))
6. The 10,000-step program is a nationally recognized campaign to promote movement. Your steps are counted using a pedometer. (You were given a pedometer in your registration goody bag or you can use any pedometer) You wear the pedometer all day and it counts your every step. If it counts off 10,000 steps or more in one day (24 hours), you earn 10 points for that day. Note: Although 10,000 steps is an attainable goal, you will want to build up to it to prevent injury.
7. If you belong to an organized athletic league (soccer, basketball, lacrosse, hockey, etc.) you earn one point for every 10 minutes of activity. **Note:** There is no double dipping in this category. In other words, you cannot count the same activity twice. For example, if you are playing soccer in a league and a game is 60 minutes, you earn 6 points for organized athletic league, not 12 points for organized athletic league and cardiovascular exercise. Basically, you earn a point for every 10 minutes of exercise you do.
8. You earn one point for each day you do breathing exercises (Recommended breathing exercises are described in detail under the Resources tab at [www.madisonchallenge.com](http://www.madisonchallenge.com))
9. You can earn one point for every 10 minutes of yard work you do. This is a judgement call! You decide if you believe the activity was rigorous enough to earn points.
10. You can earn one point for every 10 minutes of housework you do. This is also a judgement call based on if you believe the activity was rigorous enough to earn points
11. You can earn one point per day by performing a posture self check. This will help you be more aware of the importance of posture. (A detailed description is described under the Resources tab at [www.madisonchallenge.com](http://www.madisonchallenge.com))

## **Earn Points By Eating**

1. Eat three complete meals per day. There are many schools of thought on eating, however it is fairly standard that three complete meals should be eaten per day. While you are planning your meals, try to make it whole foods that are not processed and think fruits, dairy, grains and yes protein. A good resource is [www.mypyramid.gov](http://www.mypyramid.gov). Earn two points per day just for eating at least three complete meals in a day. We will let you be the judge as to whether your foods of choice are worthy of the points!
2. Earn two points for drinking 7+ glasses of water throughout the day. Water is the most under utilized resource for healthy eating. Yes, you can drink too much water so you will not earn extra points for drinking double the water. There is some variability in the amount of water that is right for you. One school of thought is to divide your weight in pounds by two and that is how many ounces of water you should drink in a day. (ie. A 120 pound person should consume 60 ounces of water per day) Sipping water over time is far better than chugging it.
3. Earn two points for eating a combination of 7+ servings of fruits and vegetables throughout the day. As always, fresh is better, but others are better than none. Try to eat a variety and go with what is in season.
4. Earn two points for eating 3 or more servings of whole grains per day.
5. Earn two points for getting 3 servings of dairy per day. Choose wisely, ice cream counts but remember your goals!

6. Earn two points for eating 5 ounces of protein per day. Try going with lean meats or protein alternatives such as tofu, beans, soy, etc.
7. Earn two points for getting one serving of Fish or one serving of Flax per day. So many benefits of both. Just Google Omega-3 fatty acids or fish oils and you will be amazed what benefits there are.
8. Earn two points by not going more than 5 hours without food. Healthy snacking is crucial to optimal health and weight.
9. Earn two points by not drinking any soda for a day.
10. Earn two points by not eating sweets for a day.
11. Floss your teeth and get two points for that day.
12. Eat one meal each day together as a family and get two points for that day.

## **Earn Points By Thinking**

1. By far the easiest way for you to earn points is by coming to the Think Well Seminars that will be held in Conference Room A on Wednesdays at 12:30 pm to 1:30 pm at the Town Hall. Each presentation will be designed to add value to your experience in the Madison Challenge. Hopefully, you will walk away from each seminar with at least one new idea on health and wellness, fitness, cooking, eating well, etc. You will earn 20 points for each seminar you attend.
2. We know that it is not always convenient to attend the Think Well Seminars and we will attempt to video tape each presentation and put it on [www.madisonchallenge.com](http://www.madisonchallenge.com) or Madison Public Television. You can earn the 20 points by watching it after the fact.
3. Earn 10 points for every charity event/position you volunteer for. For example, give yourself 10 points for coaching a sport, not 10 points for every game. Give yourself 10 points for volunteering at a charity event, church or civic group, school or children's group, etc.
4. Earn 1 point for every 10 minutes you read in a day.
5. Earn 2 points per day for not smoking. (No Smoking Credit)
6. Earn 10 points if you are a smoker and you do not smoke for one week.
7. If you participate in a local charity event (Madison Turkey Trot, Penguin Plunge, Frosty 5K, etc.) you will earn 10 points in addition to you earning points actually doing the event. For example, if you choose to run/walk in the Frosty 5K in Guilford on New Year's Day and it takes you 30 minutes to finish, you will earn 10 points plus 3 points for your cardiovascular training.
8. Earn 1 point for everyday you wear your seatbelt 100% of the time. Buckle Up. It's the Law!
9. Earn 1 point for every day you sleep 8 or more hours.
10. Earn 10 points for getting a preventative-screening test done at your doctor's office. Some examples would be: Cholesterol screening, Prostate Exam, Colonoscopy, Breast Exam, etc.
11. Much is made of goal setting and it is often said that if it is not written down then it does not exist. Write down your goals in a journal, on a sticky note or a napkin. Review your goals and give yourself 5 points for that week.
12. Submit your completed point sheet via email or fax before the Wednesday of the following week and give yourself 5 points for that week.

**There is an inherent health value in recording and following your own daily and weekly habits. It can give you great insight into the areas where you are strong and areas where you may need to focus. It is important to remember that this is a fun and friendly team competition and that the recording of these points is done on the honor system. We hope you enjoy the sense of community and feel motivated and inspired by the health and wellness consciousness that surrounds the Madison Challenge.**