

# How to Earn Points for Your Team and Win the Madison Challenge!

## Earn Move Well Points

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. If you participate in a group exercise class & you cannot figure out if it fits with cardiovascular, resistance or stretching, you earn one point for every 10 minutes. The typical group exercise class is 60 minutes, so you can earn 6 points.
5. 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.

## Earn Eat Well Points:

1. Eat a complete breakfast. It is the most important meal of the day and the motivation behind earning these points is to eat breakfast. While you are eating breakfast, try to make it whole foods that are not processed and think fruits, dairy, grains and yes protein. Earn one point for eating a complete breakfast. We will let you be the judge as to whether your breakfast foods of choice are worthy of the point!
2. Earn one point for drinking over 7 glasses of water throughout the day. Water is the most under utilized resource for healthy eating. Make sure the glass of water is around 8 ounces. Yes, you can drink too much water so you will not earn extra points for drinking double the water.
3. Earn one point for eating a combination of over 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 one point for eating 3 or more servings of whole grains per day.
5. Earn one point for getting 3 servings of dairy per day. Choose wisely!
6. Earn one point for eating 5 ounces of protein per day. Try going with lean meats or protein alternatives.
7. Earn one point for getting one serving of Fish or one serving of Flax per day. So many benefits of both. Just Google Omega-3 fatty acids and you will be amazed what benefits there are.
8. Earn one point by not going more than 5 hours without food. Healthy snacking is crucial to optimal health and weight.
9. Earn one point if you are a soda drinker by not drinking any soda for a day.

## Earn Think Well Points:

By far the easiest way for you to earn points is by coming to the Think Well Seminars that will be held every Tuesday evening from 7:00 pm to 8:00 pm at the Memorial Town Hall (lower level) and repeated again during the day on Wednesdays at 12:30 pm to 1:30 pm at the Scranton Public Library. 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 50 points for each seminar you attend.

## Earn Extra Credit Points:

Who doesn't like extra credit? The following are ways for you to earn points that just did not seem to fit into one of the above categories but were too important to leave out of the challenge.

1. If you are a smoker, you can earn 50 points for not smoking for one week.
2. If you participate in a local charity event (Madison Turkey Trot, Penguin Plunge, Frosty 5K, etc.) you will earn 10 points in addition to your 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.
3. You will 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.
4. Finally, if it is weight loss you are after, your team can earn points by measuring your total team weight before the start of the challenge and then measure your total team weight after the 8-week challenge. You will earn 10 team points for every 1% total team weight loss throughout the 8-week challenge. For many participants, there will not be any need to focus on a strategy for weight loss because earning points in the other categories should lead to healthy weight loss if your body needs to lose any weight.