



RunFit Challenge

Men Vs. Women

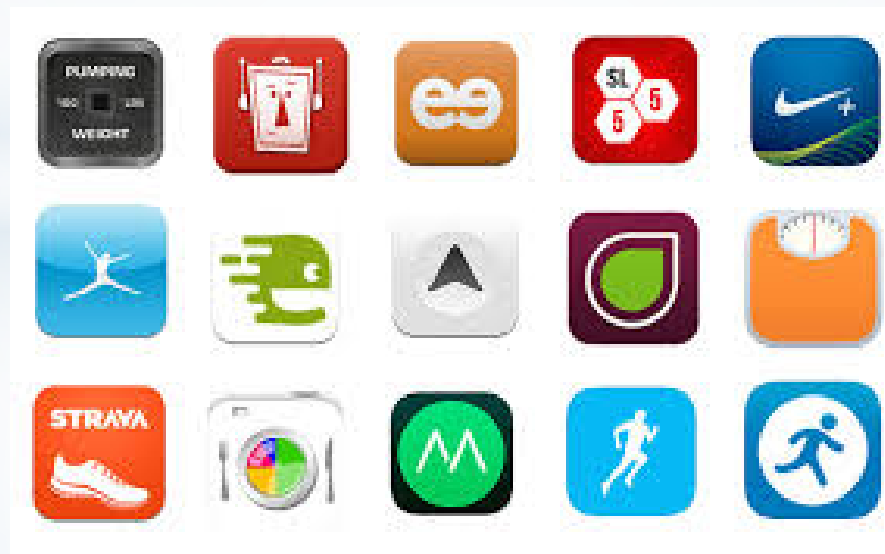


- * Social Media Challenge: Health/Fitness App
- * Fitness Challenge: Body Squats and Run
- * 12-week Challenge Rules

What health or fitness App do you use? And tell us why you like it. Post on *AMRC Facebook Group* (+1 pt):

<https://www.facebook.com/groups/amrcrunning/>

While you are there check out what Apps others are using to keep themselves motivated towards healthier lifestyle.



Two fitness challenges this week. Receive 2 points per challenge completed.

1. Body Squats: Complete 3 sets of 25 Body Squats twice this week (+2 pts)



1. Stand with feet flat on the ground and slightly wider than hip width apart.
2. Keep shoulders and chest up and open, bend at the knees and sit into your heels as if you had a chair behind you. Sit into your heels until your knees are at 90 degree bend and thighs are parallel to the ground. Make sure your knees are not coming over your toes by keeping the weight in your heels.
3. To return to starting position, keep your chest and shoulders open, press into the ground and stand straight up.

See link for visual instructions: <https://www.youtube.com/watch?v=p3g4wAsu0R4>

2. Run: Complete total of 7 miles this week (+2 pts)

Challenges will be fun and rewarding, but we need to have some rules to keep it fair. So here you go....

- Participants will be divided into two teams: *Men's team and Women's team*
- Points will be awarded to each participant based on completion of the challenge and by notifying AMRC FB group that challenge was completed.
- Weekly Challenge(s) need to be completed within the same week of the challenge.
- New participants are allowed to join anytime during the 12 week Challenge.
- Team with the most points at the end of 12 week challenge wins the competition.
- AMRC team will keep track of each individual score and post it on FB page on a weekly bases.
- Some weeks will have bonus points awarded based on the challenge.

How to earn points towards your team?

1 point – Completing Social Media Challenge

2 points – Completing each Fitness Challenge

3 points – Meeting up for AMRC Group Run that week