

# ARE YOU



**ready  
for the  
challenge?**

**The first 300  
participants  
get a FREE  
100% Organic  
T-shirt**

## **Healthy U Wellness Challenge Facts & Information**

**INGREDIENTS: 100% ORGANIC, 100% LOCAL**

OPEN TO ENTIRE PSU COMMUNITY; REGISTRATION AT MEMBER SERVICES IN THE REC CENTER STARTS JANUARY 9; \$10 FOR MEMBERS AND \$20 FOR NON-MEMBERS (INCLUDES 6 VISIT PASS); REGISTER AS AN INDIVIDUAL OR A TEAM; CHALLENGE BEGINS JANUARY 16 AND RUNS THROUGH MARCH 18; FOR MORE INFORMATION COME TO AN INFO SESSION ON JANUARY 12 AT 5:15 PM IN SMSU 296, CONTACT [HEALTHYU@PDX.EDU](mailto:HEALTHYU@PDX.EDU) OR VISIT [WWW.WELLNESS-CHALLENGE.PDX.EDU](http://WWW.WELLNESS-CHALLENGE.PDX.EDU)

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# Healthy U Wellness FAQs

## WHO CAN JOIN?

The Healthy U Wellness Challenge is open to ALL members of the PSU community. This includes all students, faculty, staff, and alumni. You do NOT have to be a Rec Center member to participate.

## HOW DO I JOIN?

Please register at the Member Services Counter of the Rec Center as an individual, located on the 2nd floor of ASRC.

## WHAT IS THE DEADLINE FOR INDIVIDUAL REGISTRATION?

Individuals can register at any point during the Challenge, which continues through the end of Winter Term 2012. However, points cannot be back-logged for weeks prior to registration. Registration opens Jan 9.

## HOW DO I MAKE A TEAM?

Individuals who would like to form a team should email the name and email address of each team member, along with a team name, to [healthyu@pdx.edu](mailto:healthyu@pdx.edu). Teams must be 4-10 people.

## WHAT IS THE DEADLINE FOR TEAM REGISTRATION?

All teams must be submitted to [healthyu@pdx.edu](mailto:healthyu@pdx.edu) by Monday Jan 23 at 12:00 pm with the team name and members. Individuals cannot be added to teams and new teams cannot be formed after this date.

## HOW ARE TEAM POINTS DETERMINED?

Team points are determined by averaging the number of points submitted for each individual team member. Therefore, a 4 person team and a 10 person team have an equal chance of winning the challenge.

## WHAT ARE THE PRIZES AND INCENTIVES?

Prizes will be awarded to individuals and teams with separate categories for faculty/staff and students. A leader board with up-to-date point totals will be posted on the Healthy U Wellness Challenge website each week. There will be two levels of incentives for reaching a set amount of points. Visit the website for details on prizes and incentive levels the first week.

### Attend the KICK-OFF EVENT JAN 17 @ 8 AM!

This event will include a more detailed overview of the Challenge, unveiling of the prizes and incentives, a brief tour of the Rec Center, and a comprehensive weight room orientation.

