Get **FIRED UP** for fitness

Benefits-eligible employees please join us in the Blue and You Fitness Challenge and help make it the University’s most successful year!!!

The Blue & You Fitness Challenge was created by Arkansas Blue Cross Blue Shield and the Arkansas Department of Health to engage employees in physical activity to improve their health. Agencies of comparable size compete against each other for “bragging rights”. The contest begins on **March 1st** and ends on **May 31st**. Participants are asked to engage in 30 minutes of cardiovascular-focused exercise at least 3 times per week. Participants log their exercise on the website and virtually move across the United States. This is a free program and is designed for you to have fun while improving your health. The deadline for individual and team registration is **February 28, 2012**.

Participation in the challenge may be on an individual basis or as part of a team. Everyone MUST register individually prior to joining a team.

Ideas for this year include:

- More group exercise opportunities
- ATU Teams – Must consist of 5 or more members
- Prize Drawings

All you have to do is register by following the instructions below no later than **February 28th**:


2. Under Step 3, Individual Registration, enter group code “atu” and click the Register button.

3. Enter required information, click “I agree” under disclaimer and click the “Next” button.

   (If you want to be a team captain, click the box beside “I Would Like to Form a Team” and enter a team name. Instructions for team captains are listed below.)

4. Review the information and click “Complete Registration” if correct. If not, click the other button and follow prompts.

Instructions to sign-on for logging points and managing teams:


2. Enter your Log-in ID and Password.

3. Click Submit or hit Enter.
4. Choose the date of activity.

5. Choose the type of activity from the drop down menu.

Instructions for Team Captains:

1. Sign in as above.

2. Click “My Team” from the top, middle of the page.

3. To build your team, select a participant from the registered participants list by either scrolling down or entering the name in the “Search” box.

4. Use the “Add” and “Remove” buttons to place or remove a participant on the team.

   Remember, every participant must be registered individually before they can be entered on a team.

We are looking forward to a successful challenge so come on employees, get your teams together and get moving!!!

For questions regarding this announcement, please call the Human Resources Office at 968-0396.