Benefits-eligible employees please join us in the Blue and You Fitness Challenge and help make it another 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 sizes compete against each other for “bragging rights”. The contest begins on **March 1** and ends on **May 31**. 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, 2015**.

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. Arkansas Tech University Teams must consist of 5 or more members.

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

2. Click on Register
3. Enter group code “atu” in the Individual Registration box, click the GO button.
4. Step 1: Enter required information
5. Step 2: Create login and password
   (If you want to be a team captain, click the box beside “I Would Like to Form a Team” and enter a team name.)
6. Step 3: Click “yes” if you are 13 or older, click “I agree” under the disclaimer and click the “Submit” button.

**Exercise Logging:**
Participants can earn up to two checkpoints in a single day of exercise depending on the type of exercise and duration or based on the number of steps if using a fitness tracker (7,500 steps=1 point, 10,000 steps=2 points).

**Eligible Exercises:**
- **Moderate** – one checkpoint for 30 minutes, two for 60+ minutes
  Examples: boxing, dancing, hiking, mowing, softball, tennis (doubles), walking, water skiing
- **Vigorous** – two checkpoints for 30+minutes
  Examples: basketball, bicycling 10+ mph, football, jogging, mountain climbing, racquetball, soccer, step aerobics

Participants are encouraged to log their activity each week. You can log your exercise with your smartphone.