



ACCREDITATION EVIDENCE

Title: Wellness Challenge: Be Fit for Life, the 24th Annual Wellness Challenge

Evidence Type: Corroborating

Date: 30 January 2020-18 April 2020

WAN: 22-0103

Classification: News

PII: No

Redacted: No



WHAT IS THE WELLNESS CHALLENGE?

- The Wellness Challenge is a 12 Week Fitness Program for anybody (age 6+). You must be 14 years of age and accompanied by an adult to use the equipment in the facilities.
- Children may participate in the group classes with an adult as well as in the kids classes.
- Pre-testing and post-testing will be performed to measure your improvements.
- Western Exercise Science students will assist you in setting realistic exercise goals.
- Every Tuesday and Thursday you will have the option of participating in free fitness classes, as well as the option of the machine weight room and the cardio room at Western.
- During workout times the Western Wellness Center will be available free of charge.

FOR MORE INFORMATION OR QUESTIONS PLEASE CONTACT:

wellnesschallenge@westernwyoming.edu

WE LOOK FORWARD TO HELPING YOU WORK TOWARDS YOUR FITNESS GOALS FOR 2020!



Western Wyoming Community College does not discriminate on the basis of race, color, national origin, marital status, sexual preference, sex, age, religion, political belief, disability, or veteran status, in employment, admission and/or access to programs or activities.



2020



THE 24TH ANNUAL
WELLNESS CHALLENGE WILL BE HELD
JAN. 30TH - APR. 18TH, 2020

westernwyoming.edu/wellnesschallenge

CHALLENGE YOURSELF!

PRE-TESTING

At the Western Wellness Center

- **Thursday, January 30TH, 5 – 7 pm**
- **Friday, January 31ST, 5 – 7 pm**
- **Saturday, February 2ND, 10 am – 1 pm**

* Please come prepared with a physician's release for physical activity if you have any cardio, pulmonary, metabolic, or joint issues! We cannot begin pre-testing until this is provided. Our main priority is your health and safety.

POST-TESTING

- **Thursday, April 16TH, 5 – 7 pm**
- **Friday, April 17TH, 5 – 7 pm**
- **Saturday, April 18TH, 10 am – 1 pm**

* Registrants will receive an extra raffle ticket for Western's Homecoming Chili Cook-Off event on Saturday, February 8TH. Win raffle prizes at pre and post testing, and cash prizes for men, women, and group category winners.

TESTING

The pre-testing and post testing consists of four tests.

- **Cardiovascular** – 1 mile walk test will be used to calculate your cardiovascular fitness.
- **Grip Strength** – a simple “hand squeeze” will be used to calculate your upper body strength.
- **Flexibility** – modified sit and reach will be used to measure your flexibility.
- **Body Composition** – a noninvasive scale will be used to measure your body composition.

Everything we do with you is completely confidential!



WORKOUT TIMES

- **From February 3RD through April 9TH**
- **Every Tuesday and Thursday**
- **5:30 – 7:30 pm**

REGISTRATION FEE

- **\$5.00 per individual**
- **\$15.00 per family**

Money is collected at time of registration. Prizes are provided by Western and local businesses.

WESTERNWYOMING.EDU/WEELNESSCHALLENGE