

AEROBIC WINTER CHALLENGE RULES & GUIDELINES



- 1) Teams should consist of 5-10 people, ages 6 and older, including one Team Leader. Team leader must be at least 18. Teams must register by the deadline printed on the AWC flyer.
- 2) **Individual prize eligibility:** Participants must be physically active a minimum of 14 days per month, for a total of 30 minutes per day.

*If a team member is unable to be physically active due to a serious illness or an injury for more than 14 days per month, the member may be excused. Participant illness and/or injury will not penalize the team; however, he/she will not be eligible for monthly or grand prizes.

- 3) **Prize Eligibility Breakdown:**
 - **Individual Monthly Prize** (\$10 gift cards): Participants that meet the goal of 14 days per month, for a total of 30 minutes per day of exercise are eligible. *After winning one monthly prize, the participant will not be eligible for remaining monthly prizes; however, participants will qualify for grand prizes if they meet the eligibility requirements.
 - **Individual Grand Prize** (\$25 gift cards): Participants that complete all four months of physical activity are eligible.
 - **Team Activity Grand Prize** (\$50 cash): Teams that complete at least one team activity per month, all four months.
 - **Team Grand Prize** (\$100 cash): Entire team meets all four months of the physical activity goal and complete a *team activity each month are eligible.

*Team Activity: At least 3 members of the team must participate in a 30-minute group activity at least one day per month. For example, a team walk, group fitness class, or activity that supports continuous aerobic movement (in-person or virtual).

- 4) **General Registration Fee:** Non-refundable \$10
Subsidized Agency Registration Fee: Non-refundable \$5, including employees of the following agencies:
 - **Coconino Community College** (temporary, part-time, full-time)
 - **Grand Canyon Conservancy** (temporary, part-time, full-time)
 - **Mountain Line** (all employees **and** family members, 12+ years old)
 - **NAPEBT Wellness** (temporary, part-time, full-time)
 - **Native Americans for Community Action** (temporary, part-time, full-time)
 - **Northern Arizona Healthcare** (part-time and full-time)
 - **Northern Arizona University** (benefit-eligible only)
- 5) **Team Monthly Reports** must be turned in on time. Please view the team monthly report form for specified dates. Please send your completed team monthly reports to awc@coconino.az.gov

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