

To: All ITD Employees

Idaho **G**reat **E**xercise **M**otivating **S**ites

Sign up for this year's Exercise Challenge and discover Idaho's **G**reat **E**xercise **M**otivating **S**ites or **GEMS**. The 2011 exercise challenge introduces or reminds you of the many wonderful places in Idaho that are great for exercise.

Now is the time to put exercise into your regular routine or to take your usual workout to new locations.



As you enter your exercise time on the log sheet, vicariously you travel to these **Idaho GEM Sites**. Better yet, get out there and experience these great locations or find some of your own. Take scenic photos along the way and **send us your additions for Idaho GEMS**. All submissions will be entered in a drawing for a cool raffle prize and compiled as a resource.

Benefits

Exercise combined with good nutrition and regular checkups produce positive

effects. Employees can benefit from improved health, reduced stress, and the financial benefit of a healthy lifestyle. The department can benefit from energized employees and decreased effects of diabetes, obesity and other preventable diseases.

How does the challenge work?

Your goal is to exercise at least an average of three hours per week. Whether you are already active or just getting started, this event provides motivation to improve your level of fitness. So everyone can benefit, progress is based on time spent exercising, rather than degree of difficulty.

Who may participate?

All ITD employees. There are many exercise activities that count, plus incentives and competitions to motivate you.

Reach the goal of at least 30 exercise hours during the 10-week challenge and you will earn a custom imprinted incentive. On the form below, mark your selection from the following incentive choices: **fleece pullover**, **fleece blanket**, or **backpack**.

Log sheets are turned in every two weeks, and if turned in on time, **every time for all 5 times** the log sheets are due, you earn another small incentive and a chance to win a raffle prize.



Bring a Buddy along

You have the option to sign up with an ITD employee who has never participated in a challenge or someone who has not finished the challenge during the past two years. If both "Buddies" reach the challenge goal, they are eligible for a chance to win a second incentive.

District and HQ competitions

Each year one District Team and one HQ Team earn the traveling trophy for best percentage of employees reaching the exercise goal. Also, there is the Federal Highway Administration vs. ITD competition.

How to get started

Fill out the registration form below and return it to your Wellness Coordinator no later than May 13. You will receive a log sheet and more details about the **Idaho GEMS** challenge. Start recording your exercise time when the challenge begins on **May 4**.

Ready, set, exercise!

Idaho **GEMS** Challenge Registration Form

2011 Exercise Challenge begins May 4 and ends July 12

Sign Up Deadline is **May 13**

Name: _____ Section: _____ Phone: _____

Choose ONE Incentive: Fleece Pullover-Burgundy Fleece Blanket-Burgundy Backpack Bag

Circle Pullover Size: XS (30-32) S (34-36) M (38-40) L (42-44) XL (46-48) XXL (50-52)

Yes, Sign me up as an ITD Buddy with: _____ Ph: _____ (Buddies must list each other on form)

To qualify, please print & mail this registration form by May 13, 2011 to: **Pauline Davis, HQ-Environmental**