

Fit & Festive Challenge

Frequently Asked Questions



What is the Fit & Festive challenge?

Our Fit & Festive challenge is a six-week nutrition, physical activity, weight maintenance and stress management challenge where you will try to balance healthy and unhealthy behaviors during the holidays. Did you know that the average adult weight gain during the holidays is just over one pound, but that pound is typically never lost? This means an extra thirty pounds over thirty years! This year, stay mindful of your weight, nutrition, stress, and physical activity and get the support you need to stay on track with our Fit & Festive challenge.

Why should I participate?

Enjoy the satisfaction of setting and achieving your personal health goals over the holidays while experiencing the fun of working with your coworkers to improve your health!

I'm interested in leading a team. What are the responsibilities of a team captain?

Being a team captain is easy! Chief responsibilities are to recruit a team, provide motivation and support, and encourage team members to report results on time. In some cases, team captains may be asked to enter data on behalf of team members.

How many people can be on a team?

You can have 5-11 people on each team, including the team captain.

What if I can't find four other people to form a team?

Encourage your colleagues in person! Consider posting a sign-up sheets in high-traffic areas of the office, printing a personal invitation to hand to a coworker, or sending out recruitment emails. You can also keep your team "open" online for other members who are looking to join an existing team.

How are Fit & Festive scores calculated?

Each day, you will gain points for "fit" behaviors and lose them for "festive" choices. At the end of the week, your daily scores will be combined with your team members' and then averaged for a weekly score. The winning team will have the greatest overall score, calculated by totaling each weekly score.

When are team standings published?

Updated team challenge standings are published at the end of each week. Team standings do not change between weeks.

Learn more at <http://members.shapeup.com>



We make health social.™

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Frequently Asked Questions (Continued)



Is a computer required to participate?

Only a team captain requires access to a computer. If you do not have access to a computer, ask a team captain to sign you up and log your results. You can also sign up and submit your results by calling our support line or using your web-enabled mobile phone to visit members.shapeup.com.

How do I report my progress?

You can track your progress by using the logbook that is available for download after registration. Just make sure to transfer your data online using your computer or web-enabled mobile phone. Enter results online daily or weekly. You can also give your log sheet to your team captain to enter results on your behalf.

If I set personal goals online, does that affect my team's standing in the challenge?

No. Goal-setting is designed to help you succeed in the program. Your personal goals will have no impact on your team's standing.

If I track my weight online, will other people be able to view it?

Absolutely not. Your individual weight will never be available to anyone but you. We know this is a sensitive topic, so we protect your privacy.

What counts as "exercise"?

Exercise is defined as moderate intensity activity that increases your heart rate. This includes brisk walking, jogging, spinning, running, swimming, weight lifting, team sports, etc.

What counts as "relaxation"?

Relaxation activities include reading a book, going for a walk, meditating, gathering with friends, studying things that interest you. Relaxation activities should stimulate your mind and help you recover your natural optimism and positive mood.

What counts as "holiday drinks"?

Any high-calorie or alcoholic drink counts as a holiday drink. Examples include eggnog, beer, mixed drinks, and peppermint mochas.

What counts as "dessert"?

Cakes, pies, ice cream, cookies, pudding, soufflés, etc.