

Get Fit Nevada

2012 Schedule of Events/Activities & Monthly Challenges

100 Day Challenge: January 23-May 1

Honesty is the best policy, however, be sure to post your pictures participating and completing these items on Get Fit Nevada's facebook page.

January Events and Activities

- January 20: Get Fit Nevada/Live Healthy Iowa Registration Deadline
- January 23: Get Fit Nevada/Live Healthy Iowa Health Checks/Weigh-In 7-9 am, 12-1 pm, 4:30-5:30 pm, Gates Hall
- January 24: Lunchtime Walking Begins – Nevada HS indoor track 12:00-1:00 (Tuesday's and Thursday's, January –March)
- January 27: Chew and Chat – Explanation of the program, My Kitchen=Healthy Choices- 12:00-1:00 Gates Memorial Hall South Room. We will also have information available on Self Improvement Classes such as Smoking Cessation, Over Eating, and more.

January Personal Goals/Challenges

- Tour de Iowa: Bike 468 miles (You have the months of January, February and March to complete this challenge)
- Rethink your Drink: Be sure to drink enough water. Are you drinking your calories?
- Nutrition: Clean out your cupboards and refrigerator. Fill and replace with healthy items, include plenty of fruits and vegetables.
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February Events and Activities

- February 11: Iron Chef Nevada Teams of 3-4 participants will compete in the ultimate healthy food cook-off challenge.
- February 24: Chew and Chat - My Diet??? Complete a food log and Story Medical will have a dietician available to discuss and follow-up. 12:00-1:00 p.m. Gates Memorial Hall

February Personal Goals/Challenges

- Physical Goal: Walk or Run a Marathon 26.2 miles (you will have the entire month of February to complete this challenge (how many marathons can you complete this month, one is a minimum requirement)
- Tour de Iowa: Bike 468 miles (You have the months of January, February and March to complete this challenge)
- Rethink your Drink: Be sure to drink enough water. Are you drinking your calories?
- Nutrition: No fast or convenience foods, plan meals and snacks ahead of time and bring them with you.
When eating at home, use 9" plates, stop eating when 80% full, and focus on eating more fruits and vegetables.
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March Events and Activities

- March 21: Team Building – Gates Memorial Hall 12:00-1:00 p.m.

March Personal Goals/Challenges

- Physical Goal: Skyscraper Climb Challenge (information to be emailed to participants)
- Tour de Iowa: Bike 468 miles (You have the months of January, February and March to complete this challenge)
- Rethink your Drink: Be sure to drink enough water, use your tracker to see if you are drinking your calories.
- Nutrition: Get a group of friends together and host a healthy meal planning/food party. Need ideas? Contact Nevada Parks and Recreation at 382-4352.
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April Events and Activities/Challenges

- April 28: Get Fit Nevada Pump and Run - 8:00 a.m. Nevada Anytime Fitness.
- Physical: Complete an Ironman Triathlon 2.4 mile swim, 112 mile bike ride and 26.2 mile run
- Rethink your Drink: Be sure to drink enough water. Are you drinking your calories?
- Nutrition: Cut out the caffeine and get plenty of rest (8 hours of sleep each day).
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May Events and Activities

- May 1: Get Fit Nevada/Live Healthy Iowa Weigh-Out 7am - Noon

Dates and times subject to change due to uncontrollable circumstances