

Pac-12 Fitness Challenge

October 24-28th 2016

You can be a key player in the Pac-12 Fitness Challenge! The Pac-12 University with the most active minutes logged wins the challenge. All you need to do is login to pac12challenge.org and record your physically active minutes during the week of Oct. 24-28th. Each minute you log helps bring the Cougs to victory!

Complete your own fitness routine or join other Global Campus students while trying new wellness activities and winning prizes throughout the week.



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[Calendar of Events!](#)

Join Wellbeing Online on CougSync

By joining Wellbeing Online you'll receive alerts to new workouts, nutritional tips, articles, and registration for the Cyber Cougar Fitness Club. You can join by going to the [Wellbeing Online CougSync page](#) and clicking the green "Join" button in the top right corner. The first 10 people to join [Wellbeing Online on CougSync](#) during the Pac12 Challenge week will receive a free workout pack.

Complete "Go from Worrier to Warrior" video

Keep your mind and body well by completing the [Worrier to Warrior Yoga video](#). Comment with your favorite pose or a response on how you felt after the completing the video on the YouTube page.

Everyone who completes the workout and comments will be entered in a drawing to win a Yoga Kit.

Wellness Wednesday

Share your favorite healthy recipe or public online workout video on the [Global Campus Facebook](#) or [Twitter pages](#) and the first 200 people who share will receive a Salad Shaker!

Weight Room Challenge

Each day compete with other WSU students in the weight room! Perform the weight room challenge of the day in your community gym or home and record your daily reps or time. Use the [weight room challenge guide](#) for your daily exercise and the [score sheet](#) to record your daily reps or time. At the end of the week submit your scores to your Wellbeing Online Program Coordinator, Ramon Sodano, at wellbeingonline@wsu.edu. The Global Campus student with the highest score will win a WSU Athletic Performance Shirt.

Try a New Exercise Class/ Trail/ Sport

At least once this week try a new exercise class, explore a new trail (urban or rural), or engage in a sport new to you. Share a photo of your activity on the [Global Campus Facebook](#) or [Twitter](#). Each person who submits a photo gets a prize.

If you have any questions or comments on the Pac12 Fitness Challenge please contact the Global Connections Program Coordinator, Kaitlin Hennessy, at global.connections@wsu.edu