

Get Fit Sikeston! Point Value List

****A maximum of 25 points per person per day is allowed with a maximum of 105 points per week.**

Attending one of the two scheduled Kickoff Health Screenings 10 pts.

Physical Activity Point List (You can earn 5 points a day maximum from this group)

- A. Playing a minimum of 9 holes of golf – walking 5 pts.
- B. Strength Training (minimum of 30 minutes) 5 pts.
- C. Yoga / Pilates / stretching (minimum of 30 minutes) 5 pts.

Cardio Group #1* (lower impact than Cardio Group #2)

- A. Walking / Hiking for 30 minutes non-stop 5 pts.
- B. Biking for 30 minutes non-stop (no arm movement) 5 pts.
- C. Tennis for 30 minutes non-stop 5 pts.
- D. Racquetball for 30 minutes non-stop 5 pts.
- E. Volleyball for 30 minutes non-stop 5 pts.
- F. Skating / Rollerblading for 30 minutes non-stop 5 pts.
- G. Dodgeball for 30 minutes non-stop 5 pts.

Cardio Group #2* (High impact cardio)

- A. Cardiovascular group exercise class for 30 minutes non-stop 10 pts.
- B. Swimming for 30 minutes non-stop 10 pts.
- C. Vigorous use of cardiovascular equipment for 30 minutes non-stop 10 pts.
(Includes stair machines, bikes with arm movements, elliptical trainer, rowing machines, etc.)
- D. Jogging / Running for 30 minutes non-stop 10 pts.
- E. Basketball (full court) / Soccer for 30 minutes non-stop 10 pts.
- F. Circuit Workout 20 minutes non-stop 10 pts.
- G. Spinning (vigorous cycling classes) 30 minutes non-stop 10 pts. *For

every 5 minutes that you participate in any **Cardio Group #1 and Group #2 activities** in addition to the amount of time listed, **within a 24-hour period**, add 1 point.

Nutrition

- A. Restaurant receipts 5 pts.
- B. Bring your own healthy lunch to work (a healthy planned lunch) 5 pts.
- D. One day of H2O consumption (6, 8oz. glasses per day) 5 pts.
- E. Weekly healthy meal or recipe 5 pts.

Community Information* (Education, Cessation, or Weight Management Classes)

- A. Attending a health & wellness seminar or class 5 pts.

***Record each seminar or class you attend for weight management, smoking cessation or other health related classes.**