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FITNESS CHALLENGE

October 23 - 27

Show your Cougar Spirit and help Washington State University win the Pac-12 Fitness Challenge! All you need to do to help the Cougs win this challenge is log all your physical activity between October 23-27th at pac12challenge.org. Every minute and activity counts—so get out there and walk, run, bike, dance, lift, swim, skip, hop, and jump!

The university with the most minutes logged between Oct. 23-27 will secure the title of the Pac-12 conference's most active school! Go Cougs!

We'll have activities all week from Wellbeing Online and Global Connections to help you get motivated, challenge yourself, and win some prizes along the way. All you need to do is participate and log your minutes!

Join Pac-12 Fitness Challenge on Facebook

Connect with other WSU Global Campus students interested in living a healthy, active lifestyle and participate in Pac-12 Fitness Challenges by joining the [Wellbeing Online Facebook Group](#).

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

*While supplies last

Calendar of Events: October 23-27

Exercise of the Day

Each day Ramon Sodano from Wellbeing Online will upload a new exercise video to the Wellbeing Online Facebook Group. Challenge yourself by completing the daily exercise and adding those activity minutes to your Pac-12 Challenge log! Share a photo or video of yourself completing the day's exercise to the Facebook group to win a daily prize. Up to 50 challenge winners daily.

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 your choice WSU leggings, shorts or sweatpants.

Wellness Wednesday

Share your favorite healthy recipe or public online workout video on the Wellbeing Online Facebook group. The one with the most Facebook "likes" by October 28th will win a can of Cougar Gold!

Weight Room Competition

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. Global Campus students who finish this competition will receive a Tshirt*. The Global Campus student with the highest score will win an exclusive WSU Athletic Performance Shirt.

Build your Own Workout

Build your own workout plan for the week and share it with the Wellbeing Online group on Facebook. You can use past Global Connections videos like [Train Smart](#), [Kettlebells 101](#), [Build Your Own Workout: Beginners Edition](#) or [The Anywhere Workout](#)—or make something completely your own. The first 10 Global Campus students who submit their workouts will win a set of Valslides.

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