



Stay Active Fitness Challenge Rules

1. Register online at www.suffolkva.us/parks. Registration open until May 24, 2020. During registration, create a username for us to use when we share any recognition on social media.
2. Optional: Purchase race t-shirt for \$10 during registration.
3. Complete 30 miles or equivalent of physical activity over 30 days. Complete miles by walking, running, biking, or any alternative physical activity of moderate intensity.
4. When completing an alternative physical activity, 15 minutes of the activity will equal 0.75 miles. Use the following formula to calculate your mileage:
 - a. $\frac{\text{___ minutes}}{15 \text{ minutes}} \times 0.75 \text{ miles} = \# \text{ of miles}$. For example, completing one of our 30 minutes virtual Boot Camp classes would equal 1.5 miles. ($30 \text{ minutes} / 15 \text{ minutes} \times 0.75 \text{ miles} = 1.5 \text{ miles}$)
 - b. We encourage any type of moderate intensity physical activity. Examples include housework (washing the car, mowing the lawn), basketball games, tennis, or group exercise participation (videos).
5. Submit your username and mileage using the Fitness Challenge Tracking Form, which will be available through our website and emailed to you, for a progress check by June 8, 2020. All final submissions are due by the end of June 23, 2020. Email Tracking Forms to Jessica Taylor at jtaylor@suffolkva.us.
6. Submit pictures, comments, videos, and your experience by email to jtaylor@suffolkva.us and/or tagging us in your social media posts of Facebook or Instagram (Suffolk Parks and Recreation / @suffolkparksandrec).
7. Safety, Safety, Safety! We need to know that you are safe and healthy through this time. Here are some tips to help ensure your safety and wellness.
 - a. Do your activities in a large open area (avoid crowds) or at home
 - b. Use at least 6 feet social distancing at all times
 - c. Do not exercise if you are not feeling well
 - d. Wash and/or sanitize your hands before and after any activity