

20/20: See Your Future Exercise Challenge

This year marks ITD’s 20th exercise challenge. While looking back at past challenges, find inspiration to improve your exercise routine going forward for the next 20 years.

- If you have never participated in an ITD exercise challenge, now is the time to start.
- If you have not participated lately, it is time to get back on track.
- Already doing the exercise? Get credit for your efforts. Use the log sheet to analyze your activities, looking for adjustments to become the best you can be.
- If you are a regular participant, keep it up!
- Use the **20/20** challenge as motivation to reach your personal health goals and earn rewards for your efforts.

Benefits

The challenge provides motivation to get you moving and inspiration to find more time for daily exercise. With regular exercise, you could see improved health, reduced stress, the financial benefit of a healthy lifestyle, and a better quality of life. Potentially, the department may benefit from energized employees, reduced sick leave, and lower insurance rates.

How does the challenge work?

The challenge goal is to exercise at least 30 hours during this 10-week event or about 30 minutes per day. [Log sheets](#) are due every two weeks, and if turned in on time, every time, you have the chance to win additional prizes. If you reach the 30-hours goal, you earn one of these [incentive choices](#): **sunglasses, gloves, cooler pack, or dri-mesh T-shirt** (short sleeve).

Bring a Buddy along

There is the option to sign up with an ITD employee who has yet to participate in a challenge or who has not reached the challenge goal for the past two years. If both “Buddies” reach the 30-hour goal, they are eligible for a chance to win another incentive.

Double the Goal / Two Incentives

During the challenge, consider exercising even more. If you exercise double the challenge goal (60 hours), you could earn a second incentive.

“Fun-Shirt” Fridays

During the challenge, watch for more motivating activities including “Fun-Shirt” Fridays (TBA). Dust off your past incentive apparel for more chances to win cool prizes.

Year	Challenge
'94	District to District
'95	Philadelphia Freedom Trek
'96	Road to Atlanta
'97	Highway to Health
'98	Peak Fitness
'99	Paddle Idaho
'00	Decathlon Down Under
'01	Historical Marker Trek
'02	Exercise American Pride
'03	Decade of Fitness
'04	Journey to Athens
'05	Lewis and Clark
'06	Interstate 50 th
'07	Centennial Trail
'08	Great Wall
'09	Tour de Byways
'10	Fly Idaho
'11	Idaho GEMS
'12	London Bridge to Fitness

How to get started

Fill out the registration form below and return it to your local Wellness Coordinator no later than **May 13**. You will receive additional guidance and details for the **20/20** exercise challenge. Begin recording your exercise on the challenge log sheet when it begins on Saturday, **May 4**.

See Your Future!

Registration Form **20/20** Exercise Challenge - MAY 4 TO JULY 14 -

Name: _____ Section: _____ Location (Building/Floor): _____ Ph: _____

So far, in how many ITD exercise challenges have you reached the goal? _____ (0 - 19)

Please select ONE Incentive. **Sunglasses Style:** #1 #2 #3 #4 #5 #6 #7 #8

Gloves Size: S M L XL Cooler Pack

Dri-Mesh T-shirt Size: XS (32-34) S (35-37) M (38-40) L (41-43) XL (44-46) XXL (47-49)

Yes, Sign me up as an ITD Buddy with: _____ Ph: _____ (Buddies must list each other on form)

Yes, I plan to exercise at least 60 hours. My second incentive choice is: _____ (Size/Style: _____)

To qualify, please print and fill out this form. Return the completed form no later than **May 13** to:

Pauline Davis, HQ Office of Communications - or - Your Local Wellness Coordinator