



## Challenges and Events

### **Team Mishfitness 10 Week Body Transformation Challenge**

The Team Mishfitness 10 Week Challenge has been designed to provide participants with an opportunity to apply the knowledge gained about nutrition and exercise from the monthly one on one interviews and the weekly newsletters. The Challenge is structured in such a way as to keep participants motivated on their journey to better health and fitness while also providing a mechanism for long term lifestyle changes.

### **Team Mishfitness 4 Week Pedometer Challenge**

The Team Mishfitness 4 Week Pedometer Challenge provides a marvellous opportunity for those participating to get together with 5 workmates to have some fun, burn some energy and show the other teams just what they are made of. And of course at the end of the Challenge participants will be the recipients of substantial health benefits, smaller waistlines, healthier hearts and, who knows, perhaps even the recipients of a fantastic prize.

### **Team Mishfitness 4 Week 5Plus Fruit And Vegetable Challenge**

A study released in 2004 by the Cancer Society of New Zealand in partnership with Sport and Recreation New Zealand (SPARC) showed that New Zealanders are just not eating enough fruit and vegetables.

Because of the significant benefits resulting from eating at least five servings of fruit and vegetables each day (three of vegetables and two of fruit) this challenge has been designed to encourage participants and their families to review their consumption of these nutritious foods.

### **Team Mishfitness 5 In 10 Challenge**

The Team Mishfitness 5 in 10 challenge encourages those who could benefit from it to commit to losing 5 kgs in 10 weeks. However, anyone, whether he or she has a weight loss goal or not, can use the information provided during the challenge to make healthy lifestyle changes. Each week participants receive a physical activity and nutrition assignment geared at promoting a ½ kg of weight loss that week. The weekly newsletters, will incorporate one suggestion for a change in diet (250 fewer calories a day) and another for increased physical activity (burning 250 additional calories a day).

### **Team Mishfitness 6 Week Summerfit Challenge**

During an six week period Team Mishfitness 6 Week Summerfit challenge participants will receive a weekly e-mail message encouraging them to get active, eat healthy foods, and refrain from smoking. With the help of a special tracking sheet, points will be recorded for each of the healthy actions taken on a daily basis. The goal is to reach or exceed 120 points each week through any combination of these healthy behaviours.

### **Team Mishfitness Corporate School Sports Challenge**

The Team Mishfitness School Sports Challenge is a fantastic, fun packed activity, guaranteeing some very hilarious behaviour! Participants re-visit their childhood and experience all the excitement, anticipation and glory of school sports day.

This is a great opportunity to get outside and have a laugh with workmates. There are a range of activities to suit every ability and skill. It's not about the fastest runner - the emphasis is strictly on fun!



### **Team Mishfitness Ready Set Walk**

Team Mishfitness Ready, Set, Walk is a programme designed to help participants not previously walking regularly for exercise to set some fitness goals and cultivate a healthier lifestyle. Weekly emails are distributed with tips on nutrition and a suggested walking programme for that week.

### **Team Mishfitness Corporate Triathlon (Without Getting Wet!)**

The Team Mishfitness Corporate Triathlon (cycling, running, walking) is a team event providing participants with an opportunity to exercise with workmates in a social atmosphere outside the workplace, while promoting a healthy, active lifestyle.

It also provides participants with a goal to get into shape in preparation for the event. It is just possible that the ever expanding waist line might drop a few centimeters in the process! Wouldn't that be something!

To reinforce the social aspect of the triathlon, there are spot prizes and also prizes presented for the best costume, fancy dress or team uniforms.

### **Team Mishfitness 'Putting The Well In Wellington' Free Waterfront Exercise Sessions**

To help address the growing obesity epidemic, Team Mishfitness holds free weekly exercise sessions on Wellington's beautiful waterfront as part of Wellington's Summer City programme.

The aim of the 6 week 'Putting The Well In Wellington' programme, which is sponsored by the Wellington City Council, Radio ZM, Subaru, adidas and others, is to encourage busy working adults in the Wellington CBD to incorporate regular physical activity into their daily lives.

The programme involves both choreographed walking and easy bodyweight resistance exercises and features guest personalities and numerous free spot prizes donated by local businesses. The attendance continues to grow year on year with up to 150 office workers attending each session during this past summer.

There has to be a challenge or event listed which would get your employees moving and eating better. If not, please talk to Mishfitness so that we can work with you in developing something that will motivate your team.