



FITNESS CHALLENGE

Q&A

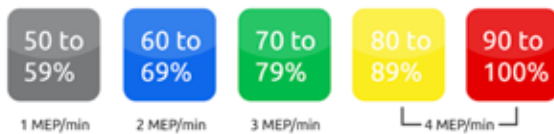
What is the Fitness Challenge?

This year's Fitness Challenge will inspire you to be consistent with your exercise routine, give you a baseline on your existing body composition and help monitor the intensity of your exercise using the Myzone activity tracker. You'll receive an initial InBody Body Composition analysis and we'll help you set up the Myzone app on your phone.

How does the Fitness Challenge use the Myzone activity tracker?

By using the Myzone activity tracker, you'll earn Myzone exercise points (MEPS). You can earn points doing almost any activity, except swimming, in the green zone and above.

Activity in grey and blue does not count as these colors are reached at levels of exercise that are accumulated too easily at low heart rates.



What types of prizes are there?

Participants who earn 875 or more weekly MEPS will be entered into a drawing for prizes including trigger point tools, free PWRFIT classes, ink! gift cards and Ethereal Day Spa gift cards.

How will you communicate with me?

We will be sending out a weekly email with exercise tips, nutrition information and motivational tools. You will also receive communication about challenges from Myzone and daily workout results.

How do I register for the Challenge and sign up for the InBody scan?

You can register on the Greenwood App, online or at the Service Desk. If you've registered on the app or online, stop by the Service Desk to pick up your headband and water bottle and schedule your InBody scan. You will receive a confirmation to the email we have on file. Please double check that the InBody appointment is correct and in your calendar.

Also, if you currently work with a trainer, your trainer can administer the InBody scan.

InBody Testing Dates and Times

December 26: 9-10am, 11:30a-12:30pm

December 27: 6-7am

December 28: 5-6pm

January 2: 9-10am, 11:30am-12:30pm

January 3: 4:30-5:30p

January 4: 6-7am

January 7: 9-10am, 11:30am-12:30pm

January 9: 4:30-5:30pm

January 11: 6-7am

January 14: 6-7am

January 17: 5-6pm