

# ALL NEW Pre-Hunt Conditioning and Reach Your Fitness Peak

**RULES:** You may choose which options you participate in and mix and match from programs. (Example: Part A from Pre-hunt and Part B from Peak or Part A and Part B from the same Program, etc.)

- This Program is open to employees and spouses active or retired.
- Start anytime beginning August 14, 2019.
- No deadline to finish. Take the time you need.
- When you complete a part A and a Part B from either of the programs, turn in the form for a gift card.

## Pre-Hunt Conditioning Program



### **PART A – Complete all of the following:**

- ✓ Properly fill out and turn in an IPSC Health Risk Assessment.
- ✓ Participate in two health screenings (glucose, PSA, blood pressure, metabolic, or cholesterol).
- ✓ Participate in 1200 minutes of cardiovascular/aerobic-type exercise.
- ✓ Attend two IPSC Health Fair lunch-time classes; if spouse or shift worker, read approved article, pass a quiz, and turn in to receive credit.

### **PART B – Complete all of the following:**

- Pretest two of the following: Max number of push-ups, sit-ups, dips, or pull-ups or equivalent strength test of your choice.
- ✓ Work on and improve strength over a 10-week period and demonstrate improvement in each of the pretested categories.

## Reach Your Fitness Peak Program



### **PART A – Complete all of the following:**

- ✓ Properly fill out and turn in an IPSC Health Risk Assessment.
- ✓ Participate in two health screenings (glucose, PSA, blood pressure, metabolic, or cholesterol).
- ✓ Consume 300 servings of fruits and vegetables.
- ✓ Attend two IPSC Health Fair lunch-time classes; shift workers may watch off v drive or shift workers and spouses may read approved article, pass a quiz, and turn in to receive credit.

### **PART B – Complete all of the following:**

- ✓ Take a pre-fitness test. Available outside Brian's office or online.
- ✓ Over a two-month period, work on improving your fitness.
- ✓ Take a post-fitness test after 10 weeks demonstrating fitness or improved fitness. Forms outside Brian's office or online.

# Tracking Log

Name: \_\_\_\_\_

## PART A

Date \_\_\_\_\_

\_\_\_\_\_ Health Risk Appraisal (**available during September with the Health Fair**) properly filled out with #2 pencil and bubbles filled in — not checked or slashed.

\_\_\_\_\_ Two health screenings completed (check those completed) \_\_\_ Lipid \_\_\_ PSA \_\_\_ Blood Pressure \_\_\_ Glucose

\_\_\_\_\_ Two Health Fair Classes (record date and topic, name on roll) Date \_\_\_\_\_ Class Topic \_\_\_\_\_  
 Date \_\_\_\_\_ Class Topic \_\_\_\_\_

Videos online or articles and quizzes for shift workers or spouses (**available during September/October with the Health Fair**)

\_\_\_\_\_ Article read and quiz turned in \_\_\_ Cancer \_\_\_\_\_ Worksite Health Interventions

\_\_\_\_\_ Article read and quiz turned in \_\_\_ Flu/Germ Prevention \_\_\_\_\_ Antibiotic Resistance

## Nutrition or Exercise Log

Write the number of minutes of exercise and/or servings of fruits and vegetables for each day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
<b>Grand Total</b>							

## PART B

Pre-Hunt Pretests (record number completed) Push-ups \_\_\_\_\_ Sit-ups \_\_\_\_\_ Dips \_\_\_\_\_ Pull-ups \_\_\_\_\_

Pre-Hunt Posttest (record number completed) Push-ups \_\_\_\_\_ Sit-ups \_\_\_\_\_ Dips \_\_\_\_\_ Pull-ups \_\_\_\_\_

Reach Your Peak Pretest \_\_\_\_:\_\_\_\_ Time to Walk 1 mile \_\_\_\_\_ 15-Second Heart Rate Score \_\_\_\_\_ Rating \_\_\_\_\_

Reach Your Peak Pretest \_\_\_\_:\_\_\_\_ Time to Walk 1 mile \_\_\_\_\_ 15-Second Heart Rate Score \_\_\_\_\_ Rating \_\_\_\_\_