

# November Fitness Challenge 2021

## Sponsored by the Warm Springs Recreation Department

**Goal:** To encourage people to be active and enjoy a variety of exercise during the month of November as a competition and continue to be active throughout the year.

**Contact:** Joseph Arthur @ Warm Springs Recreation Department. (541) 553-3243. Pick up application packet and drop off at 2200 Hollywood Blvd. Warm Springs, OR 97761.

**Register:** October 12<sup>th</sup> – Nov 5<sup>th</sup>, 2021

**Due Date:** November 1<sup>st</sup> @ Kickoff Poker Walk Located at the Community Center Walkway.

**\*\*NO LATE ENTRIES AFTER NOV 5<sup>th</sup>, 2021 NO EXCEPTIONS\*\***

**Fee:** \$5.00 per person

~ Additional \$10.00 T-Shirts

~ Cash or Money order ONLY Please NO CHECKS

**Team Info:** "Challenge"

- **MUST BE 18 YEARS OF AGE OR OLDER!!**
  - 5 Member to a team, 1 being a Captain
    - Captain will be responsible for Fee's, contact information, collection of registration forms, timesheets, and weekly fitness sheets make sure turned in.
    - Challenge- Team Members of 5 (same)
    - Any person affiliated with Confederated Tribes of Warm Springs Reservation by Enterprise, Employment and Departments- **BIA, HIS, CASINO, AND TRIBAL COMMITTEE'S MAY PARTICIPATE**

**Exercise Forms:** Each team will be responsible for keeping time of exercise done.

- Weekly Exercise forms will be provided
- Exercise forms will be due every WEDNESDAY
- You will receive new form sheets (11/10, 11/17 & 11/24, 12/2)
- Acceptable Maximum minutes per exercise is listed on page 4
- A minimum of 15 minutes per exercise
- Please Note! There will be more than one opportunity to earn double points during the week located on page 5
- All double point activities will be listed on the monthly fitness calendar.

ALL FORM SHEETS DUE DECEMBER 3<sup>rd</sup>, 2021

**BUILDING WILL NOT BE AVAILIBLE FOR USE WE ARE SHUT DOWN DUE TO BUILDING MAINTANCE TILL FURTHER NOTICE**

Team Registration Form

Challenge Team Name:

Team	Name	Size	CELL	DEPT.	SIGNATURE
Captain #1					
Team Member #2					
Team Member #3					
Team Member #4					
Team Member #5					



**Awards & Places:**

- This is a point system, **HONESTY IS THE KEY!** based on total exercise minutes
  - Every participant will receive a T-shirt
  - There will be Team Awards 1<sup>st</sup>, 2<sup>nd</sup>
    - 1<sup>st</sup> place – Jackets (5 Jackets)
    - 2<sup>nd</sup> place- Hoodie (5 Hoodies)
- Top Female**  
**Top Male**

Participants T-Shirts will be given out at the  
November Fitness Incentive give away held on  
Wednesday December 8<sup>th</sup>, 2021

Exercise	Maximum Minutes per Day	Exercise	Maximum Minutes per Day
Aerobic Dance	60	Labor Work (OFF the clock)	240
Backpacking	180	Metabolic Training (Functional Fitness)	60
Baseball	60 mins per game	PiYo (@ IHS)	60
Basketball	15mins per quarter	Pow-Wow Dancing	120
Bicycling	60	Rafting	60
Bowling	20 mins per game	Ranch Labor Work	120
Boxing	60	Rock Climbing	120
Chair Aerobics	60	Rodeo Events	120
Conditioning Exercise	60	Skating/Snow Boarding	60
Cross Country Skiing	120	Sledding	60
Country Line Dancing	60	Surfing	60
Dodge Ball	60	Swimming Aerobics	60
Elliptical	30	Swimming for Fun	60
Golfing (No Cart)	120	Volley Ball	60
Handball	30	Walking	120
Horseback Riding	120	Water Polo	60
House Cleaning	60	Washut Dancing	120
Hunting (Walking ONLY)	180	Weight Lifting	60
Interval Training	60	Wood Cutting	120
Jogging/Running ( 5 MILES)	20 minutes per Mile	Yoga	60
Kick Boxing	60	Zumba	60

# Team Waiver

In consideration of the acceptance of my entry into the November Fitness Challenge, I hereby waive and release any and all claims against The Confederated Tribes of Warm Springs Indian Reservation of Oregon and any other sponsors or directors for all claims of damage whatsoever resulting from my participation in this Fitness Challenge. I attest and verify that I have full knowledge of the risks involved, and that I will assume and pay my own medical and/or emergency expense in the event of an accident, illness, injury, or any other incapacity/

I also attest that I am physically fit and sufficiently trained to participate in 2021 November Fitness Challenge hosted by the Warm Springs Recreation Department.

**Team Name:** \_\_\_\_\_

**Team Captain:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Team Member #2:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Team Member #3:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Team Member #4:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Team Member #5:** \_\_\_\_\_ **Date:** \_\_\_\_\_