# 2016 FitBall Incentive
# Oneida Family Fitness

**Duration**: Monday, October 4th through Saturday November 19th, a 7 week incentive.

**Purpose**: To encourage Oneida Family Fitness members to exercise on a regular basis to maintain a healthy lifestyle.

**Objective**: To challenge members to exercise towards a healthy and positive lifestyle. Benefits from regular exercise include:

- Lower resting heart rate
- Improved blood pressure
- Stronger muscles
- Increase in functional strength
- Lower cholesterol
- More energy
- Lose weight
- Decreased risk of diabetes and other diseases

Note: 3 days of physical activity per week is a minimum requirement of the American College of Sports Medicine to increase your overall health and reduce risks of disease. Points will be awarded based on these guidelines (see scoring system outlined below).

**Cost**:

- $20.00 per team. Up to four people per team. Individuals may also sign up at the front desk to be placed on a randomly selected team. Oneida Family Fitness Staff will not be allowed to participant. Absolutely no sub's allowed. Each team is only allowed the up to four people per team.

**Teams:**

- Below is a list of available teams. Team names will be assigned on a first come, first serve basis to each team that is registered and paid in full. *Once these team names are used up, you may choose a college football team name or any other appropriate team name you desire!*

| | | | |
|---|---|---|---|
| Arizona Cardinals | Dallas Cowboys | Miami Dolphins | Pittsburgh Steelers |
| Atlanta Falcons | Denver Broncos | Minnesota Vikings | St. Louis Rams |
| Baltimore Ravens | Detroit Lions | New England Patriots | San Diego Chargers |
| Buffalo Bills | Green Bay Packers | New Orleans Saints | San Francisco 49ers |
| Carolina Panthers | Houston Texans | New York Giants | Seattle Seahawks |
| Chicago Bears | Indianapolis Colts | New York Jets | Tampa Bay Buccaneers |
| Cincinnati Bengals | Jacksonville Jaguars | Oakland Raiders | Tennessee Titans |
| Cleveland Browns | Kansas City | Philadelphia Eagles | Washington |

# Rules and Regulations

- **Participants:** Open to all participants 5 years or older.

- **Scoring:** Score cards for each team will be kept at the Oneida Family Fitness Front Desk.
  - **Weekly Scoring System (maximum of 11 points per person per week):**
    - **Scoring:** Every check-in scores a point
    - **Touchdown:** Exercising 5 days per week scores 6 points
      - After scoring a Touchdown *attempt* to earn extra points by drawing cards. A "kick" card scores 1 point, "conversion" cards scores 2 points and a "no good" card earns no points.

      ***And***
    - **Field goal:** Exercising on Saturdays scores 3 points
  - A minimum of 20 MINUTES OF EXERCISE must be completed to receive credit for a workout. Only one workout will be scored per day. All workouts must be done at Oneida Family Fitness (walking and running outside is scored if the participant checks in at Oneida Family Fitness prior to exercising).
  - Scores will be updated weekly and posted near studio B. Scores will be emailed weekly if an email address is included on the registration form.

- **Prizes:** Teams will compete to score the maximum number of points for the duration of the seven weeks to earn prizes.
  - **1st, 2nd and 3rd Place Prizes:**
    - 1st, 2nd and 3rd place prizes will be awarded for teams with the top 3 scores:
      - Ties for 1st, 2nd or 3rd place will be settled by:
        - Team with the most conversions will win. (the number of kicks scored will be used if neither team has scored a conversion)
        - If no conversions or kicks were scored the teams will enter into sudden-death. In sudden-death elimination each tied team draws for an extra point. The highest score wins.
  - **Prizes:**
    - 1st place: $40 Visa gift card per participant
    - 2nd place: $20 Dicks Sporting Goods gift card per participant
    - 3rd place: $15 Oneida Family Fitness pro shop gift certificate per participant

    - Raffle Prize: drawn and given out to one lucky winner each week: (5) ½ Personal Training sessions must be redeemed by June 30th, 2017. Must check in at least 3 times to be eligible for that week.