

Coahoma Community College Fit For Life Healthy Campus Initiative

BECOME A BETTER YOU IN 60 DAYS JOIN THE 60-DAY TIGER FITNESS CHALLENGE

To be eligible, must schedule Fitness Assessment along with completing and submitting the following documents:

- Informed Consent and Waiver Form
- Physical Readiness Questionnaire
- Medical History Form
- Medical Clearance, if needed
- Fitness and Wellness Awareness Survey

Please Note: Fitness Assessments will be available on August 17, 2015 to September 4, 2015 from 7:00am to 2:00pm, please email Selina Reid, Assistant Athletic Director /Health and Wellness Coordinator at sreid@coahomacc.edu to schedule a fitness assessment. Please allow about 15 minutes and wear workout clothes and athletic shoes.

This fitness challenge will begin on September 7, 2015 and end on November 5, 2015.

One female and one male from the CCC Employee Participants and the CCC Student Participants with the highest accumulated points will be the winners and receive a \$100 Wal-Mart Gift Card.

CCC Employees and CCC Students will keep track of the following fitness activities:

- Total Miles of aerobic activities per day such as running, walking or using cardiovascular fitness machines
- Earn 25 points per Fitness Class attended
- Earn 10 points per Fitness Center Workout Session that last 20 minutes or more

Fitness Assessment Pretest and Post Test will be included:

- Total Push-ups
- Total Sit-ups
- Total Weight Loss
- Total Inches Loss (waistline only)
- Total Body Fat % Loss



Please Note: CCC Fit for Life 60-Day Tiger Fitness Challenge Activity Tracking Form will be available at www.coahomacc.edu/fitforlife and you must sign the Login Forms in the Fitness Center and Fitness Class to earn points.