



RunFit Challenge

Men Vs. Women



- * Social Media Challenge: Healthy Meal Recipe
- * Fitness Challenge: Jumping Jacks and Run
- * 12-week Challenge Rules

Find a Healthy Meal Recipe *and share it on AMRC Facebook Group* (+1 pt): <https://www.facebook.com/groups/amrcrunning/>

Check out all the healthy recipe's other's are posting.



Maple Salmon Recipe:

<http://allrecipes.com/recipe/51283/maple-salmon/?internalSource=recipe%20hub&referringId=84&referringContentType=recipe%20hub>

Hawaiian Chicken Kabobs Recipe:

<http://allrecipes.com/recipe/20415/hawaiian-chicken-kabobs/?internalSource=recipe%20hub&referringId=84&referringContentType=recipe%20hub>



Two fitness challenges this week. Receive 2 points per challenge completed.

1. Jumping Jacks: Complete 3 sets of 25 jumping jacks twice this week (+2 pts)



1. Stand with your feet together and your hands down by your side.
2. In one motion jump your feet out to the side and raise your arms above your head.
3. Immediately reverse that motion by jumping back to the starting position.

See link for visual instructions: https://www.youtube.com/watch?v=dmYwZH_BNd0

2. Run: Total of 5 miles this week (+2 pts)

Challenges will be fun and rewarding, but we need to have some rules to keep it fair. So here you go....

- Participants will be divided into two teams: *Men's team and Women's team*
- Points will be awarded to each participant based on completion of the challenge and by notifying AMRC FB group that challenge was completed.
- Weekly Challenge(s) need to be completed within the same week of the challenge.
- New participants are allowed to join anytime during the 12 week Challenge.
- Team with the most points at the end of 12 week challenge wins the competition.
- AMRC team will keep track of each individual score and post it on FB page on a weekly bases.
- Some weeks will have bonus points awarded based on the challenge.

How to earn points towards your team?

1 point – Completing Social Media Challenge

2 points – Completing each Fitness Challenge

3 points – Meeting up for AMRC Group Run that week