



RunFit Challenge

Men Vs. Women



- * Social Media Challenge: My Healthy Meal
- * Fitness Challenge: Leg Raises and Run
- * 12-week Challenge Rules

Take a picture of your healthy meal and post on *AMRC Facebook Group* (+1 pt). Additional 1 point for preparing your own meal (+1 pt)

<https://www.facebook.com/groups/amrcrunning/>

Checkout all the delicious healthy meal everyone is enjoying.



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

1. Leg Raises: Complete 3 sets of 20 Leg Raises 3 times this week (+2 pts)



1. Lie down on your back with your legs extended straight out with your arms by your side and palms on the floor.
2. Get ready to start the set up lifting your heels off the floor slightly.
3. Keeping your legs straight and knees together, slowly raise your legs up until they are pointing straight up (90 degrees to the floor).
4. Do not pause at the top of the exercise. Slowly lower your legs to the starting position.
5. Do not let your heels touch the floor throughout the set.

See link for visual instructions:

<https://www.muscleandstrength.com/exercises/lying-floor-leg-raise.html>

2. Run a non-stop 5K (3.1miles) and post time on AMRC group. (+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