

## Longwood University Faculty/Staff vs. Student Challenge

- Purpose:** To improve the wellness of the Longwood University community. While comprehensive wellness education will be offered, increased physical activity will be specifically targeted for all participants. Secondly, this provides opportunities for our diverse student body to apply their classroom knowledge in a real-world setting.
- Who:** Any employee or student of Longwood University.
- What:** Interested participants will have their aerobic fitness and body composition (i.e., body fat percentage) assessed at the beginning and end of the Fall 2015 Semester. For the approximately three months between testing sessions, participants will seek to increase their daily physical activity, which might include walking, running, swimming, cycling, weight training, group fitness classes, and any other activity that would significantly raise their heart rate. They will record the duration (amount of time in minutes) and intensity (perceived intensity on a 1-10 scale) of each activity and report it weekly to their activity mentor. The Activity Score is the duration X intensity. Therefore, walking for 30 minutes at a level 5 intensity results in the same Activity Score (150) as running for 15 minutes at a level 10 intensity. The winner of the competition between Faculty/Staff and Students will be based on the average Activity Score for each group as well as the average percent change in aerobic fitness and body composition. Participants are encouraged to form smaller teams and develop a friendly competition. For example, programs within a department, student organizations, underclassmen vs. upperclassmen.
- In addition to the focus on physical activity, comprehensive wellness education will be offered to the entire Farmville area throughout this 10-week study.
- When:** Participants will attend a test session at the beginning and end of the Fall 2015 semester and attempt to increase their level of physical activity in between.
- Where:** The test sessions will be held in the Longwood University Health and Fitness Center.
- Why:** Aside from the personal satisfaction and potential health benefits associated an increase in daily physical activity and improved wellness, the **winners** of the competition between Faculty/Staff and Students will be announced during graduation, and **all** participants will receive a LU Challenge t-shirt. There will also be weekly raffle giveaways, with prizes ranging from pedometers to bicycles.
- How:** Interested participants should contact the event coordinator, Jessica Darst, at [jessica.darst@live.longwood.edu](mailto:jessica.darst@live.longwood.edu) or (703) 888-7286.