HEALTHY 150 CHALLENGE

WHO: All current Saint Louis University faculty, staff and students and current members of the Simon Recreation Center are eligible for participation.

WHAT: Participants shoot to meet the US guidelines (150 minutes of moderate intensity exercise OR 75 minutes of vigorous exercise per week + 2 days of resistance training) for adult physical activity for 4 consecutive weeks.

WHEN: Friday April 1st, 2016 – Friday, April 29th, 2016

WHERE: Anywhere (You can exercise at any facility or outside-it’s your choice)

WHY: Meeting the US guidelines lowers risk for early death, heart disease, stroke, high blood pressure, weight gain, and depression.

HOW/STRUCTURE: Participants will report their exercise totals to us on Fridays.

AWARDS: All participants who actively engage in the program will be entered in our raffle. Participants will also be able to attend 1 week of free fitness classes at the end of the program.

DEADLINE: Registration must be received by Thursday, March 31st, 2016 at 5:00pm

CONTACT INFORMATION:
For questions e-mail Amelia at ameigs@slu.edu or Khannie at dastgahk@slu.edu

Participant Waiver: By signing this form, I agree and acknowledge the following: I am familiar with the physical activities/sport for which I am registering to participate, and understand the activities/sport may include physical contact, strenuous physical exercise, and could result in personal injury. Knowing these risks, I hereby agree to waive, release, and discharge Saint Louis University, its employees, and agents from all claims, injuries, damages, or actions of any kind or nature arising out of my participation in the activities/sport or use of the facilities which may be brought by myself and anyone who might make a claim on my behalf, not withstanding the negligence of Saint Louis University, its trustees, officers, employees or agents. Photographs of triathlon participants may take place for promotional purposes. By signing this waiver I understand and give Saint Louis University, its successors, assigns, licensees and representatives the irrevocable perpetual and unconditional right and license to use my name and photographs in all forms and media and in all manners whatsoever, for advertising, trade or any other lawful purposes. I have read this waiver and release, understand its legal consequences and am fully familiar with its contents.

Print Your Name: ______________________________ Student/Faculty/Staff/Other (circle)
Email: ____________________________________ Phone: __________________
Signature: ______________________________ Date: __________________

Turn in registration at the Simon Recreation Center, Fax to (314) 977-3555 or e-mail to dastgahk@slu.edu

Registration deadline is Thursday, March 31st, 2016 at 5:00pm