



NSA SOUDA BAY ALL WORLD FITNESS CHALLENGE INCENTIVE PROGRAM

GOAL/INCENTIVE: Want to get in shape and get rewarded for it? Then the NSA Souda Bay All-World Fitness Challenge Program is for you. This is a self-motivated program that will help monitor your fitness status and get rewarded for it. After the initial registration, participants must continue with the following program and earn points after each level completion. Program consists as follows:

- 1. 200 POINTS: Contracted Personal Trainer:** Every time you work out with a contracted personal trainer. For more information please call 266-1566 or 266-1443. Price per hour is 25 Euros.
- 2. 200 POINTS: MWR Athletics and Fitness Specialist/Personal Trainer:** Are you looking for an extra push to pass your PRT easily? Are you looking to improve your overall mental health and well-being? Make an appointment or workout with our MWR Fitness Specialist/Personal Trainers to achieve these or your own personal goals. For information please call 266-1566 or 266-1443. No cost.
- 3. 200 POINTS:** Participation in any MWR sponsored recreational sporting or competition event (Captains Cup Intramural Program, Fun Runs, Incentive Programs, Eco-Challenge, Biathlons, etc)
- 4. 200 POINTS:** Participation in any MWR sponsored PT Instructional Program/Event (karate, aerobics, spinning, , basically all Group Exercise Programs)
- 5. 100 POINTS:** Individual Self Directed Workout Program (treadmill, weightlifting, jogging, walking, etc for 30 minutes or more)

MILESTONE LEVELS FOR THE NSA SOUDA BAY ALL-WORLD FITNESS CHALLENGE INCENTIVE PROGRAM

- 1st Level: **3,000** points: Fitness Center Bulls Water Bottle
- 2nd Level: **6,000** points: Fitness Center Bulls Baseball Cap
- 3rd Level: **9,000** points: Fitness Center Bulls Gym Towel
- 4th Level: **12,000** points: Fitness Center Bulls 1GB USB Wristband
- 5th Level: **16,000** points: Pedometer And Pedometer Book
- 6th Level: **20,000** points: Fitness Center Bulls Polo Shirt
- 7th Level: **25,000** points: Fitness Center Bulls Gym Bag
- 8th Level: **30,000** points: Polar Heart Rate Monitor



PROGRAMS AVAILABLE TO ACCOMPLISH THE NSA SOUDA BAY ALL-WORLD FITNESS CHALLENGE INCENTIVE PROGRAM:

All-Year Around Programs:

Jog and Log Club: Run or jog 310 miles and get a free Jog and Log Club T-Shirt.

Participant Rules:

1. Run indoors on one of our Life Fitness Treadmills or run outside to earn the mileage
 2. You are encouraged to participate in our 5K Fun Runs
 3. You may walk or run or any combination of the two
 4. Sign up at Gear Issue to get your self-report log started
- **Group Exercise Club:** Have one of the Gear Issue Staff sign your class report log after every class. Report logs will be given once you sign up at Gear Issue. Once you complete your (50) classes, collect your free T-shirt. Report logs for each class will be kept in a binder at gear issue. Also, get your Group Exercise Schedule from the MWR Athletics and Fitness Center Gear Issue Office or call at 266-1443.
 - **Weight Lifting Club:** Complete (80) weight training workouts and have your Gear Issue Staff sign your workout log and earn your way to a T-Shirt. Work out logs will be given at Gear Issue once you sign up and will be kept at Gear Issue.
 - **1,000 K Biker's Club:** Use one of our Life Fitness Recumbent or Upright Bikes or ride an outdoor bike to reach 1,000K and log your distance at Gear Issue. Once you have reached 1,000K, you will get a free 1,000K Biker's Club T-Shirt.
 - **1,000-Pound Club:** The 1,000-Pound Club is weight lifting challenge composed of three lifts: Squat, Bench Press and Dead Lift. This program is for those who are interested in developing their strength and reaching a high level of weight lifting power and for great personal achievement. The goal is to improve your strength to the point where the sum of Squat, Bench Press and Dead lift equals or exceeds 1,000 lbs. for men and 600 lbs. for women. Complete this program and sport your free 1,000-Pound Club T-shirt. Go to Gear Issue to sign up and to get a copy of the 1000-Pound Club Rules.



- **Push-Up and Crunch Club:** Are you having a hard time getting rid of those fat abs? Are you tired of those infomercials like “Dial 1-800-NEED-ABS telling you that your abs need to look the person shown on TV? Well here is your chance to get ripped abs. The NSA Souda Bay MWR Athletics and Fitness Center has a new incentive program which will ease the minds of the abdominally conscience and challenged. Sign up at the Gear Issue and log in every time you complete your push-ups and abs. Earn a t-shirt and become a member. Qualifications are 7,000 push-up and 7,000 crunches. You will be give an report log once you sign up at Gear Issue.
- **Fun Runs Program:** Each time you participate in a MWR Fun Run get your self report log signed. Before or after each MWR Fun Run, ask for the binder and let the gear issue staff member initial on your self report that you participated in the run. Report logs will be given once you sign up at Gear Issue. Every run you participate in, you will automatically receive a free t-shirt from that run. The more you participate, the better prizes you win. Here are the prizes available to win for participating in our MWR Fun Runs: 4 runs – 3 month free locker rental, 6 runs – Fitness Center Bulls water bottle, 8 runs – Fitness Center towel, and 10 runs – Fitness Center Bulls 1GB USB Wristband and 12 runs – Fitness Center gym bag. Below are the runs we offer:
 1. Labor Day 5K Fun Run (September)
 2. Halloween 5K Costume Fun Run (October)
 3. Turkey Trot 5K Fun Run (November)
 4. Jingle Bell 5K Fun Run (December)
 5. Martin Luther King Jr. 5K Fun Run (January)
 6. Valentine’s Day 5K Fun Run (February)
 7. St. Patrick’s Day 5K Fun Run (March)
 8. April Fool’s Day ?K Fun Run (April)
 9. Armed Forces Day 5K Run (May)
 10. Summer Begins 5K Fun Run (June)
 11. Independence Day 5K Fun Run (July)
 12. Pump and Run (August)
- **Captain’s Cup Incentive Programs:** Get your self report log signed by one of the Gear Issue Staff each time you participate in a MWR Incentive Program. Self Report Logs will be given once you sign up at Gear Issue. Before or after each workout designated by the incentive program that is taking place, ask for the binder and let the Gear Issue Staff member initial on your self report that you completed the workout. After completion of every incentive program, each participant will be reward with a t-shirt. Some incentives programs offer various prizes through out the program. Here are the incentive programs we offer:



1. Climb Mt. Olympus (September-October)
 2. 12 Days Of Christmas (December)
 3. Build The Parthenon (February-March)
 4. Battle of the Bulge (February-April)
 5. Fit Factor Bingo (April-May)
 6. Bike, Row, Swim Around Crete (June-July)
 7. Swim To Athens (June-September)
 8. Lazy Triathlon (June-September)
- **Special Events:** Log these special events as part of the NSA Souda Bay All-World Fitness Challenge Program. Everyone will be rewarded for participating in a special event with a T-Shirt. Participants will also receive trophies for the Eco-Challenge, Tennis and Racquetball Tournaments.
 1. Eco-Challenge (September)
 2. Triathlon (July)
 3. Biathlon (October)
 4. Athens Marathon Prep Run (October)
 5. Koudouma Local Run (March)
 6. Tennis Tournament (Dates TBA)
 7. Racquetball Tournament (Dates TBA)
 - **Consulting With An MWR Fitness Specialist/Personal Trainer:** To consult with a contracted or and MWR Athletics and Fitness Center Specialist/Personal Trainer please call 266-1443 or 266-1566.
 - **Group Exercise Classes:** NSA Souda Bay Aerobics Fitness Program provides a variety of classes on a daily basis. Today we provide a variety of Group Exercise Classes from Monday through Friday. Monthly schedules are posted. To get a copy of the Group Exercise Schedule or for more information contact the MWR Athletics and Fitness at 266-1443. Classes available are:
 1. Aerobics (Tae Bo, Step and Free Style)
 2. ABS and Lower Back
 3. Total Body Workout With Stability Ball
 4. Shotokan Karate
 5. Self-Defense
 6. Spinning Bike