



2024 SPRING INTO FITNESS CHALLENGE

Get fit,
have
fun!



Robert Wood Johnson
University Hospital

All RWJUH employees are invited to participate in the 2024 Spring Into Fitness Challenge. This challenge is focused on movement and fun! Workout at the RWJ Fitness & Wellness Center in New Brunswick and log the minutes of your workout using the **Movofit™ app** on your phone.

Gather your colleagues and create a team, or join independently and we will connect you with a team. Compete for top spots to win various prizes including **FREE memberships** to the fitness center. The team that has the highest average of exercise minutes will be the winner! Tons of great prizes and bragging rights!*

No membership to RWJF&W required.

*See FAQ page for full details, rules, and regulations.



**Monday, April 22
–through–
Wednesday, May 22**

You must be signed up by 12:00pm on Monday, April 22, to participate.

Registration: Team \$200 -or- Individual \$20

Departments may pay the team registration. Contact your department head to inquire. Membership to RWJF&W is not required.



Register your team, scan the QR Code or enter the link below into your browser.
rwjfitnesswellness.com/SIF2024

Participate independently by emailing:
csnewbrunswickrwj@fitnessandwellness.org

FREQUENTLY ASKED QUESTIONS

1) WHAT IS THE SPRING INTO FITNESS CHALLENGE?

An initiative by the hospital to promote a healthy lifestyle and friendly competition among hospital employees.

2) HOW LONG DOES THE CHALLENGE LAST?

The challenge will last from Monday, April 22 to Wednesday, May 22.

3) IS THERE A FEE TO PARTICIPATE?

This challenge is \$20 for individual registration or \$200 per team.* Departments may pay the team registration. Contact your department head to inquire. Membership to RWJF&W is not required.

**If you are a currently a member of RWJF&W, no registration fee required.*

4) HOW DOES IT WORK?

You will have a team captain from the hospital and a team captain from the fitness center. Your co-captains will schedule a weekly group workout and encourage you to stay active a minimum of one group workout a week. You may also workout independently.

5) HOW DOES THE TIME SYSTEM WORK?

- Max 90 minutes per day per person will count toward the challenge.
- Total amount of minutes will be averaged at the completion to get the team's final time.
- You are responsible for logging your own activity minutes in the app. You have until Friday at 11:00pm of each week to make sure your minutes are logged.

6) HOW TO REGISTER?

TEAM: The team captains should register their teams (comprised of 6 to 10 people per team) by visiting www.rwjfitnesswellness.com/SIF2024 by 12:00pm on Monday, April 22.

INDIVIDUAL: Email your name to RWJF&W at csnewbrunswickrwj@fitnessandwellness.org by 12:00pm on Monday, April 22.

7) HOW TO GET STARTED AT RWJF&W?

Step 1: Register as a team or individually.

Step 2: Download the Movofit™ app.

Step 3: Come into the center or email the center at csnewbrunswickrwj@fitnessandwellness.org to schedule an appointment to be onboarded.

8) HOW DO I WIN & WHAT ARE THE PRIZES?

A **FREE one-year membership** to the leading two participants with the most exercise minutes logged.

A **FREE three-month membership** to the team with the highest average of exercise minutes logged.

Additional surprises and prizes to be awarded at the closing ceremony on Thursday, May 23, 2024. *More details to follow.*



9) DO I HAVE TO WORK OUT AT THE CENTER TO PARTICIPATE IN THE CHALLENGE?

Yes, all exercise minutes for the challenge must be logged while at the RWJ Fitness & Wellness in New Brunswick.

10) STILL HAVE MORE QUESTIONS?

Please call the center at 732.845.9400 or email csnewbrunswickrwj@fitnessandwellness.org.

11) WHERE CAN I DOWNLOAD THE MOVOFIT™ APP?

The Movofit App is available on both Apple App Store and the Google Play Store. Search for 'Movofit' and download. You will be prompted to create an account. Once you create your account, you can navigate to the 'Challenge' tile to join, view your progress, or learn more about the challenge.

