



# 2024 FALL INTO FITNESS CHALLENGE



**RWJBarnabas**  
HEALTH

Robert Wood Johnson  
University Hospital

All RWJUH employees are invited to participate in the 2024 Fall 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 (*while in the center*) 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, September 30  
–through–  
Friday, November 1**

**Participants must be registered by 5:00pm on  
Wednesday, September 25, to qualify.**



**Register your team, scan the QR Code  
or enter the link below into your browser.**  
[rwjfitnesswellness.com/FIF2024](http://rwjfitnesswellness.com/FIF2024)

**Participate independently by emailing:**  
[csnewbrunswickrwj@fitnessandwellness.org](mailto:csnewbrunswickrwj@fitnessandwellness.org)



ROBERT WOOD JOHNSON  
FITNESS & WELLNESS CENTER

**RWJ Fitness & Wellness - New Brunswick**  
100 Kirkpatrick Street, Suite 201, New Brunswick, NJ 08901  
732.873.1222 | [www.RWJFitnessWellness.com](http://www.RWJFitnessWellness.com)



# FREQUENTLY ASKED QUESTIONS

## 1) WHAT IS THE FALL 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, September 30 to Friday, November 1, 2024 (five weeks).

## 3) 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.

*Participants must log their workout times in the Movofit™ App while present in the fitness center.*

## 4) 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.

## 5) HOW TO REGISTER?

**TEAM:** The team captains should register their teams (*comprised of 6 to 10 people per team*) by visiting [rwjfitnesswellness.com/FIF2024](http://rwjfitnesswellness.com/FIF2024) by 5:00pm on Wednesday, September 25, 2024.

**INDIVIDUAL:** Email your name to RWJF&W at [csnewbrunswickrwj@fitnessandwellness.org](mailto:csnewbrunswickrwj@fitnessandwellness.org) by 5:00pm on Wednesday, September 25, 2024.

## 6) 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](mailto:csnewbrunswickrwj@fitnessandwellness.org) to schedule an appointment to be onboarded. Onboarding starts on Monday, September 23.\*

**\*THIS STEP IS IMPORTANT AS IT WILL HELP YOU BEGIN YOUR JOURNEY ON THE RIGHT PATH.**

## 7) HOW DO I WIN AND WHAT ARE THE PRIZES?

A **FREE one-year membership** to the leading participant 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 Wednesday, November 3, 2024.  
*More details to follow.*



## 8) 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. Time logged when not in the center, will not qualify.

## 9) STILL HAVE MORE QUESTIONS?

Please call the center at 732.845.9400 or email [csnewbrunswickrwj@fitnessandwellness.org](mailto:csnewbrunswickrwj@fitnessandwellness.org).

## 10) 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 the app. You will be then 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.

Any questions about the App, see Member Services Manager Zach.



ROBERT WOOD JOHNSON  
FITNESS & WELLNESS CENTER

**RWJ Fitness & Wellness - New Brunswick**  
100 Kirkpatrick Street, Suite 201, New Brunswick, NJ 08901  
732.873.1222 | [www.RWJFitnessWellness.com](http://www.RWJFitnessWellness.com)