

# Fizikaflex & Dickinson College 2023 Spring Into Fitness Challenge

## Fizikaflex

The Spring Into Fitness Challenge (SIFC) at Dickinson College is an annual tradition that began in 2012 as a friendly, peer-institution challenge with other local colleges, and more recently transitioned to a campus wellness challenge for employees as well as students. For 2020 and 2021, the challenge became a virtual based challenge due to the COVID-19 pandemic, resulting in some innovation and collaboration with **Fizikaflex!** We continued using Fizikaflex for the 2023 spring challenge for a holistic approach to boosting healthy behaviors.

For 2023, the SIFC started on Sunday, March 19 with **87 participants registered and ended with 77** as of Saturday, April 29. (Ten participants did not provide data entry into the app during the six-week challenge.) The majority remained and enjoyed camaraderie along with the fun events that took place to inspire overall wellbeing.

During the challenge, weekly events offered the chance to build both fitness and connectivity with other members of the campus community. The online **Fizikaflex** app provided a virtual platform for reporting participation data, while offering a great option for motivation through the personalized dashboard. Mini-teams formed during the registration process enabled participants to engage in fun mini-team challenges. Each week wellbeing focal points within the Fizikaflex app – Water, Sleep, Nutrition, Exercise & Fitness variety/intensity and Socialization – were highlighted to engage and promote healthy behaviors. Incentives and some prizes added to the fun and friendly competition to make this a great springtime event for the campus community.

Some of the outstanding healthy outcomes included tons of socialization and engaged team work along with the following:

- **60** of the 77 participants **completed 150 minutes of exercise or more each week** of the 6-week challenge, with many completing far more than this recommended amount. The most active mini-team participants had cumulative totals averaging between 210-757 or more minutes of activity per week. The real bonus is that **ALL 77 participants were active!**
- The challenge encouraged fitness for the entire campus community! There were 15 mini-teams.
- **15 participants** met the mini-challenge goal of **10,000 steps-a-day** during the month of April.
- **55 participants** met the mini-challenge of walking a **Marathon-in-a-Month** during the month of April.
- Through a post-challenge survey, participants reported increases in healthy behaviors for quantity of exercise minutes, walking/steps, exercise/fitness activities, water consumption, and nutrition.

Fizikaflex positively impacted all participants by encouraging healthy behaviors and increasing overall fitness for the campus community. The mini-teams gamified the challenge further and promoted virtual and live socialization within and between the teams, boosting the fun and providing an opportunity for increased motivation and inspiration! An added bonus for administering the Challenge included the automation for managing data through Fizikaflex.

### **Overall Outcomes and Standings:**

*College Advancement almost claimed the **Golden Sneaker trophy for 2023**...but after a recount, the trophy remains with **Finance & Administration** for the 2023 Spring Into Fitness Challenge!*

Mini-teams competed with each other for cumulative point totals garnering the highest level of fitness points within *Fizikaflex*. All teams did a great job of inspiring each other within their teams and gained fitness and fun as a reward for their healthy competition spirit. *Fizikaflex* points were awarded based on data entered into the app for all areas of wellbeing!

- *No Spring Chicken* was voted the **best mini-team name** for 2023
- *Advancercisers* earned the **highest points** within *Fizikaflex*.
- *Naughty Fine Nine* won the **Most Spirited Mini-team award** for creating team t-shirts for the kick-off walk – and having the **most team participation at the kick-off for week #1!**
- *Risky Business* claimed week #2 for participation in the Sustainability & Global Ed Scavenger Hunt.
- *Success at All Cost* stepped up for week #3 **inviting a new staff member to join** on National Walking Day for the mid-day walk.
- *Serendipitous Alchemy Stars* froze the competition during week #4 and enjoyed a Rita's Italian Ice noontime walk.
- *No Spring Chicken* spring-cleaned their nutrition and ate up week #5.
- *Ketchup If You Can* had the highest average cumulative minutes per team member and won the ultimate week #6 mini-team standings.

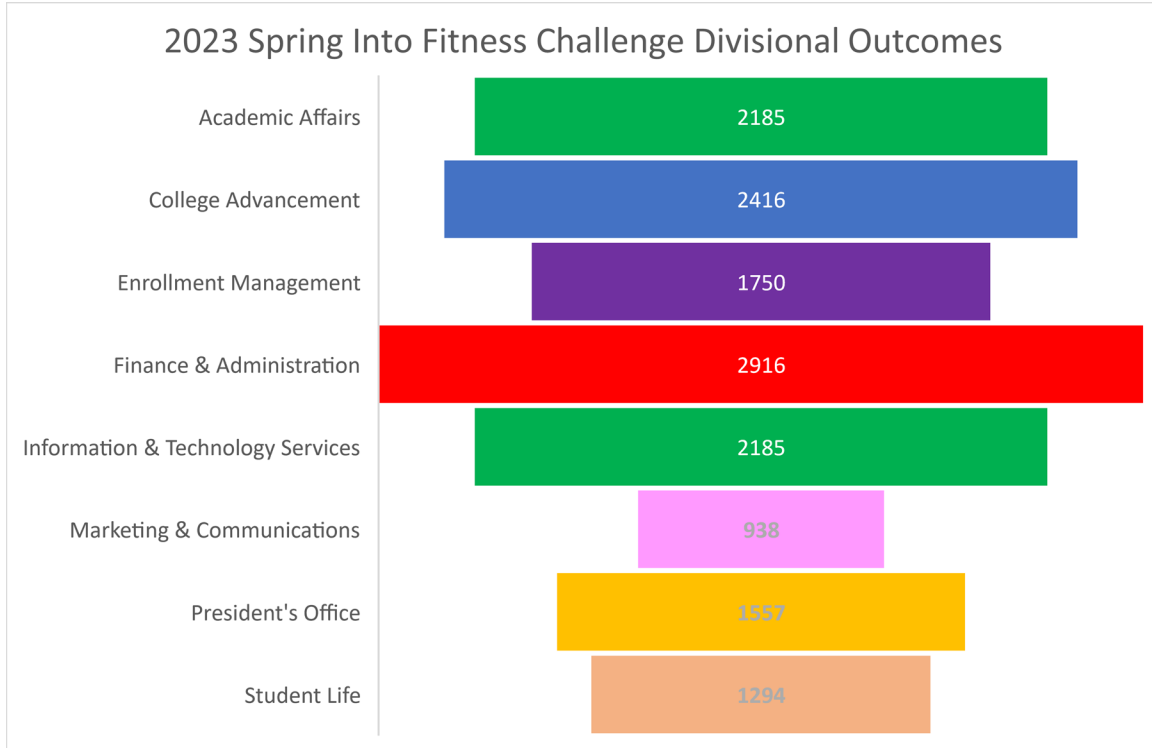
### **Individual Awards go to...**

- **Sonya Wright** (Dining Services) for being the randomly selected winner of the Marathon in a Month challenge for Spring Into Fitness in April.
- **Kim Morgan** (Individual Giving) for being randomly selected as the 10K-steps-a-day challenge.
- **Beth Bachman** (Enterprise Applications) for the most exercise/active fitness minutes.
- **Mary Rhoades** (Dining Services) for having the HIGHEST cumulative steps during the challenge!

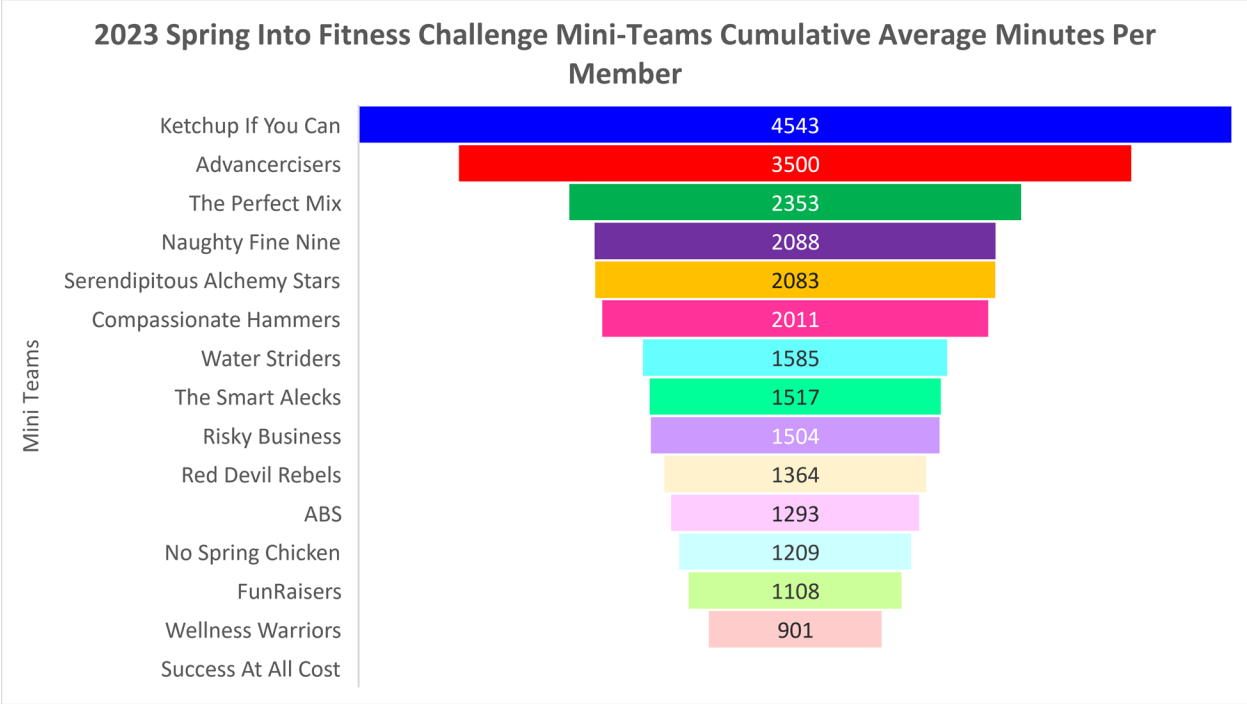
Randomly selected Fizikaflex participation awards – a 3-month subscription to the *Fizikaflex* app go to...

- **Allura Alonso** (Financial Aid)
- **Kim Foltz** (Dining Services)

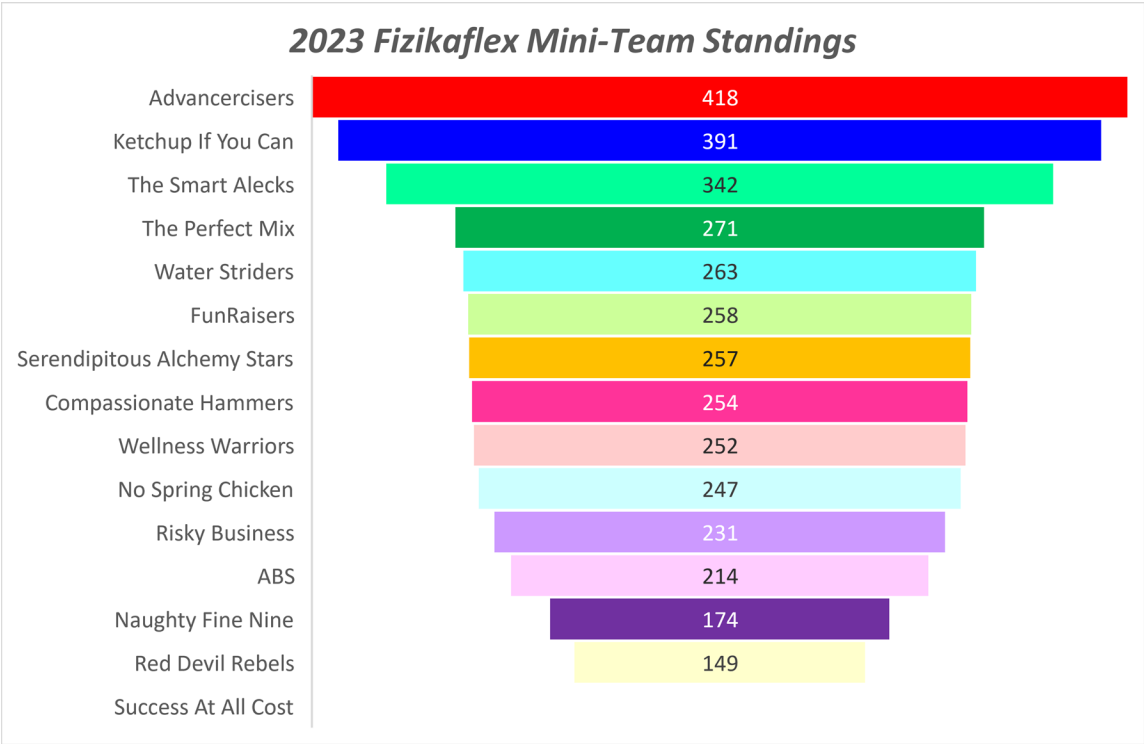
A special thank you to all who also completed the post-challenge survey – and congratulations to **Stephen Winn** for being randomly selected for the *Denim Coffee gift card*!



Finance & Administration had the highest average cumulative minutes per participant.



Ketchup If You Can had the highest cumulative average mini-team member minutes.



The Advancercisers dominated in the Fizikaflex points, gaining a total of 418 for their first-place standings!