What is Commit to Fit?
Commit to Fit is a perfect way to stay committed to your health and wellness goals in 2017. This individual fitness program is designed to promote a healthy lifestyle by providing incentives for fitness and wellness activities! Participants will earn points for doing any type of physical activity and completing a variety of wellness challenges. The fitness and wellness points earned will determine the prizes awarded at the completion of the challenge!

Who can sign up?
Commit to Fit is open to all UREC members.

How do I register for Commit to Fit?
Participants will register at https://committofit.uark.edu. To learn more, visit urec.uark.edu > Fitness >Special Events.

How do I earn physical activity points?
Participants earn points by doing any type of physical activity with one minute of activity equaling one point. They can walk, swim, lift weights, take group fitness classes, participate in UREC Outdoors, play intramural and club sports or do any other type of physical activity they prefer. Participants are encouraged to complete 200 minutes of activity each week for six weeks to achieve 1,200 points.

How do I earn wellness points?
Participants will be able to earn wellness points by participating in a variety of wellness activities throughout the six week challenge. A few examples of wellness activities are participating in wellness seminars, recording daily food intake, blood pressure screening, and many more. Each wellness activity is worth 30 points toward the point total. A wellness activity only counts once toward the point total. A complete list of wellness activities and a calendar of wellness opportunities can be found on the urec.uark.edu >Fitness >Special Events.

How do I log my physical activity minutes and wellness points?
Participants will be able to enter their daily physical activity minutes and wellness points at urec.uark.edu under Special Events or by using the link: https://committofit.uark.edu

How many points do I need to earn prizes?
Prizes will be awarded to participants who accumulate 1200 points over the six week challenge. Those who reach 1800 points will go into a drawing for grand prizes.
These prizes include:
- iPod shuffle
- FitBit
- Foam roller
- 1200pts = Commit to Fit t-shirt
- 1800pts = Commit to Fit t-shirt and drawing for grand prizes

Where do I pick up my prize?
Prizes will be distributed in early April at the UREC Main Office, HPER 225. Participants will be notified via email when prizes are available for pick-up.