

Run Fit Team Challenge 2009

Corporate exercise initiatives are proven to be an excellent way to increase physical activity levels - especially where competition is involved. The *Run Fit Team Challenge* employs both the successful principles of competition, and the education & training participants require to lead a healthy lifestyle.

The *Run Fit Team Challenge* initiative is a team 10k running challenge that involves teams across the North Sea. Each platform will sign up teams of five personnel (Installations can enrol as many team as they like, race availability permitting). When teams sign up to *Run Fit Team challenge* they will be added to the IHS fitness website and will be able to monitor the progress of their team and other teams across the North Sea.

There is a choice of 2009 10k running events across the country for installations to choose from:

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| • Norwich Union Trowse 10k | 12 th | April | Norfolk Ski Club |
| • Balmoral 10k | 25 th | April | Balmoral Castle |
| • Bupa Great Edinburgh Run 10k | 3 rd | May | Edinburgh |
| • BakerHughes 10k | 31 st | May | Aberdeen TBC |
| • Bupa Great Wales Run 10k | 14 th | June | Cardiff Bay |
| • Asics British 10k London Run | 12 th | July | London |
| • FreshnLo Great Scottish run 10k | 6 th | Sept | Glasgow |
| • Middlesbrough Tees pride 10k | 6 th | Sept | Middlesbrough |
| • Bupa Great Yorkshire run 10k | 6 th | Sept | Sheffield |
| • Baxters Loch Ness 10k | 4 th | Oct | Loch Ness |

Give your team the best chance of success, by commencing the Run Fit Challenge with a visit to your camp by an IHS Sports Scientist (*optional*). The purpose of the visit is to educate runners on safe exercise techniques and sensible nutrition through a series of interactive seminars and one-to-one fitness appointments. IHS visits will include:

Seminars covering:

- The 5-components of fitness
- Sports nutrition and the importance of hydration
- Preparation for the event: warm up & cool down
- Performance techniques

One to One Sessions:

- Fitness Assessments
- Post Fitness Tests (Optional)

These services will be available to all personnel onboard.

The winning team/platform will be officially announced in December 2009 and awarded the *Run Fit Team Challenge* cup. The cup will remain on the winning installation for a period of one-year. Who knows your installation may hold the title for consecutive years, or perhaps another installation will rein champions!

- Prize for the winning Platform
- Prizes for the winning Team
- For platforms that take part in the optional fitness testing there will be a prize for the platform with the most improved fitness level.

To Register or Find out more
Email: Katherine.Burke@ihs-uk.net

May the Challenge Begin!