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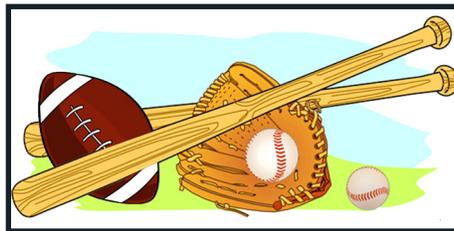
2015 Chairman's Fitness Challenge: From Touchdown to the World Series

Oliver J. Bell, TBCJ Chairman

It's time to kickoff the 2015 Chairman's Fitness Challenge and this year's theme is From Touchdown to the World Series. The first two quarters of the Challenge will focus on football and run through the Super Bowl game. Quarters three and four will have a baseball theme to carry us through most of the baseball season.

The 2015 Challenge is designed to motivate employees throughout the agency to stay in shape during the upcoming winter months and stay on course for the rest of the year by engaging in physical fitness activities and developing healthy eating habits. To help you succeed, the agency will continue publishing weekly Healthy Alternative Tips on the TDCJ website.

Each quarter will consist of a two-week sign up period followed by a six-week Challenge and, as in the past, Administrative Leave will be awarded each quarter to every employee



who successfully completes that quarter's Challenge in its entirety.

The kickoff Challenge, First Quarter Football Frenzy, requires employees earn 200 points per week for successful completion. The second quarter Challenge, Countdown to the Super Bowl, requires earning 225 points per week and the third quarter Challenge, Play Ball!, requires 250 points each week. The fourth quarter Challenge, Countdown to the World Series, requires participants earn at least 275 points weekly. Use the 2015 Chairman's Fitness Challenge exercise equivalents chart, available in the Chairman's Challenge Participant Packet, to record and report points to your Wellness representative. Any

listed activity or combination of activities on the chart can be used to reach the weekly goal.

Just like the 2014 Challenge, I have set a weekly minimum goal of 2,500 points for myself. I would like to challenge those of you who can to join me in the Chairman's Special Platinum Challenge by achieving 2,500 points each week. The Chairman's Gold Challenge requires 1,000 points weekly, and special recognition will be given to those who meet these weekly goals.

Determination, willpower and consistency are essential to an effective exercise and nutrition program, so I want to encourage all employees to commit to a healthier lifestyle so they might successfully complete the 2015 Chairman's Challenge, From Touchdown to the World Series. You will be healthier for your effort! ●