



An employee publication of the  
Texas Department of Criminal Justice

September/October 2016  
Volume 24 Issue 1

## Agency News

# Chairman's Fitness Challenge for FY17: Fight for Fitness

by Dale Wainwright, TBCJ Chairman

It's that time again! Time to kick off the FY 2017 Chairman's Fitness Challenge for TDCJ and Windham employees. We have a different challenge for each quarter, and this year we are introducing a Rocky Balboa theme in an effort to start you off on the right track and encourage you to continue through the year to successful completion next summer.

In the original Rocky movie, Rocky Balboa is a club fighter from Philadelphia who takes on the reigning world heavyweight champion, Apollo Creed, with the help of his trainer, Mickey, and his love interest, Adrian. In the spirit of the Rocky movie, below is the theme for each quarter.

1st Quarter: Rocky steps – Starts with training

2nd Quarter: Hit fitness with a Haymaker, Italian Stallion Style

3rd Quarter: Don't let Adrian tell you "You can't win!" You're a fighter for fitness – that's what you do!

4th Quarter: There's no easy way out. The Eye of the Tiger is in you, Champ!



Just like previous challenges, Administrative Leave will be awarded each quarter to every employee who completes that quarter's challenge in its entirety. Each quarter will consist of a two-week sign-up period followed by a six-week challenge.

The kickoff challenge, Rocky steps – Starts with training, requires employees to earn 225 points per week for successful completion. This event is designed to encourage all employees to engage in physical fitness activities and to encourage agency-wide participation. The challenge began on Monday, October 10, and will end Sunday, November 20.

The second quarter challenge, Hit Fitness with a Haymaker, Italian Stallion Style, is designed to encourage you to continue in your pursuit of a healthier lifestyle by requiring

250 points per week to successfully complete the quarter. For the third quarter, Don't let Adrian tell you "You can't win!", 275 points are required for successful completion. The fourth quarter, There's no easy way out. The Eye of the Tiger is in you, Champ!, will require participants to reach 300 points weekly.

Participants will use the 2017 Chairman's Fitness Challenge Exercise Equivalents Chart to report points to their Wellness Representative and may use any physical activity, or a combination of activities listed on the chart, to reach the weekly goal. Remember, the primary goal of the Chairman's Fitness Challenge is to encourage people to participate in regular physical activity to improve overall health.

My weekly minimum goal again this year is 1,000 points and I'm challenging those of you who can, to aim even higher and join the Chairman's Special Platinum Challenge for achieving 2,500 points each week. Back again this year is the Chairman's Gold Challenge, my target, requiring 1,000 points weekly for successful completion. Use any of the activities on the Exercise Equivalents Chart to reach the goal. A special recognition

*Continued on page 2*

*Continued from page 1*

will be given to those who meet these goals each week of the challenge.

I want to encourage everyone to pledge your commitment to the Chairman's Challenge and to the goal of a healthier lifestyle. You'll be glad you did! ●