**GOAL:**

This health and wellness challenge was created to energize and motivate the Marquette University Fraternities and Sororities to:

- Take an active role in their personal health and wellness.
- Create a stronger collaborative community relationship between Marquette Greek Life, the Center for Health Education and Promotion, the Department of Recreational Sports, and the Office of Student Development.
- Encourage participation in outreach programming.

**LOGISTICS:**

This semester long health and wellness challenge will be based on a designated points system. The current Center for Health Education and Promotion Preceptee will be in charge of monitoring, maintaining and collecting points from chapters on a weekly basis.

**Start date:** Tuesday, February 1, 2011  
**End date:** Friday, April 29, 2011 (The Greek Life Health and Wellness Challenge Award will be presented at the Greek Awards ceremony on May 7, 2011).

**The Award:** The winning chapter will receive the “Well Chapter” award at the Greek Life Awards Banquet. The winning chapter will receive a monetary award of $700 for their programming account, t-shirts, and their names permanently on the designated plaque. The second and third place chapters will also be recognized for their efforts.

*Thank you to our sponsors!* The monetary award is sponsored by the Center for Health Education & Promotion, Marquette University Greek Life and the Division of Student Affairs. The t-shirts are sponsored by the Division of Student Affairs. The plaque is sponsored by the Office of Student Development.

**Total points possible:** 1000

**The Health and Wellness Challenge includes:**

1. Outreach Programming with the Peer Health Educators/ Center for Health Education & Promotion.
2. Collaboration with the Center for Health Education and Promotion.
3. Participation and attendance at Center for Health Education and Promotion health and wellness related events.
4. Participation in the Recreational Sports fitness program components.
5. Planning and facilitating a chapter wide health and wellness event/outreach program.
6. Joining the Center for Health Education and Promotion on Facebook.
Rules and Regulations:

1. The two Peer Health Educators who are Greek will participate in the challenge solely as Greek or solely as Peer Health Educators. They cannot be both!

2. Greek Life will take advantage of opportunities within the challenge in a timely manner with the Center for Health Education & Promotion and with Recreational Sports.

3. The Center for Health Education and Promotion welcomes the chance to share health information with the campus community. Please keep the following information in mind with respect to all requests and collaborative efforts within the challenge:

   - Requests must be made via phone and/or in person to the Center for Health Education and Promotion. Location: 707 Building, Suite 130. Phone 414-288-5217.
   - Requests must be made AT LEAST 48 hours in advance of any deadline.
   - Requests will be taken on a first come, first serve basis.
   - The Center for Health Education and Promotion/Student Health Service reserves the right to deny requests on any of the challenge inclusions.

4. All other logistics within each of the challenge inclusions must be adhered to.

5. If you have questions and/or require further information, please don't hesitate to contact us.
   For questions related to the health pieces (programming, committees, etc.) please contact:

   Amy Melichar
   Coordinator of Health Education & Promotion
   amy.melichar@marquette.edu
   X8-5217

   For questions related to Greek Life (getting your chapter better involved, issues, etc.) please contact:

   Corey Lansing
   Assistant Dean for Student Involvement
   corey.lansing@marquette.edu
   x8-7205

   For questions related to Recreational Sports (classes, triathlon, etc.) please contact:

   Shannon Bustillos
   Assistant Director, Recreational Sports
   shannon.bustillos@marquette.edu
   x8-6976
1st Annual Health & Wellness Challenge, Spring 2010

- **1st Place:** Delta Xi Phi
- **2nd Place:** Triangle Fraternity
- **3rd Place:** Alpha Xi Delta

*Congratulations to Delta Xi Phi! They are the reigning “Well Chapter.”*
1. **Outreach Programming with the Peer Health Educators/Center for Health Education & Promotion (Up to 500 pts)**

   The Peer Health Educators offer a variety of different health outreach programs that can be requested throughout the academic year. If what is on the list doesn’t exactly match what your Fraternity or Sorority is interested in or what your specific needs are, we can adapt outreach programs and create a program to fit your needs. When requesting a program please make sure to identify yourself as a member of a Fraternity or Sorority and indicate which chapter you belong to so your points will be scored.

   - Each chapter will receive a Center for Health Education & Promotion programming list (and/or access it on our website [http://www.marquette.edu/healthed](http://www.marquette.edu/healthed)). Chapters MUST be diligent and timely in their requests. The Center for Health Education & Promotion will do their best to honor each request. However, we reserve the right to refuse a chapter if a program is requested at the last minute.

   - For each outreach program that is requested, 50 points will be earned. If at least 25% of the chapter attends another 50 points will be earned. If 15-25% of the chapter attends, 25 points will be earned.

     - If your chapter requests alcohol education “Absolut™ Awareness”, 5 additional bonus points will be earned in addition to the point value listed above.

     - If your risk managers request “Beyond the Policy: Risk Management in Practice” for your chapter, 10 additional bonus points will be earned in addition to the point value listed above. To request training please call Brian Anderson, Alcohol Coordinator, at x8-1412.

     - If your chapter requests sexual assault awareness and education “Compassionate Responder Training” via HAVEN (Helping Abuse and Violence End Now), 5 additional bonus points will be earned in addition to the point value listed above.

   - There is a cap of 500 points in this section.
2. **Collaboration with the Center for Health Education and Promotion: (up to 150 pts)**

The Center for Health Education and Promotion continuously builds a strong network of student organizations, students, staff, and members of the Marquette community united in planning and implementing proficient and accessible health awareness weeks and outreach programs.

This semester there are a variety of programs to collaborate with us on including but not limited to: Love Your Body Week, AIDS Awareness Week, Sexual Violence Awareness Week, Breast Cancer/Pink Zone, Iron Chef MU, and the Tobacco Coalition.

We encourage chapters to get involved with what they would be interested in because we do ask for full commitment to the planning committees.

- A chapter will earn up to 150 points for collaboration in this section. Execution on each planning committee is worth 50 points.
- If the chapter is involved in more than one collaborative event they will earn 25 bonus points (these points will only count if the chapter has not reached the 1000 points possible).
- If a chapter is involved in the Tobacco Coalition work during the spring semester (same expectations apply as outlined above) they will earn 25 bonus points (these points will only count if they chapter has not reached the 1000 points possible).

**Expectations:**

1. There will be a minimum of one and a maximum of three members of your chapter attending the meetings.

2. We expect a full commitment to the planning committee: attendance at meetings, fulfilling given responsibilities, creativity, and participation in planning conversations. Don’t forget to sign in.
3. Participation and Attendance at Center for Health Education and Promotion educational events: (125 pts per each event participated in)

There are many ways your chapter can gain points in this section, including participating in or attending events. Please check the programming calendar as well as the homepage on our website for up-to-date information.

- If at least 25% of your chapter attends any Center for Health Education & Promotion event, your chapter will receive 125 points. If 15-25% of your chapter attends, 60 points will be earned. Don't forget to sign in.

<table>
<thead>
<tr>
<th>Center for Health Education and Promotion</th>
<th>MARQUETTE UNIVERSITY</th>
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<tbody>
<tr>
<td>HEALTH EDUCATION MAIN</td>
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<td>- Health Ed 101</td>
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<td>- Resident Life Staff</td>
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**Calendar of Events**

For a list of health-related events on or near campus, see our calendar of events below. If you know of a program, speaker, or workshop that should be on the calendar, please email us at: healthedsa@marquette.edu.

**December 2010**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>12/6</td>
<td>Meditation Session</td>
<td>Academic Support</td>
<td>7-8pm</td>
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<td>Facility 201</td>
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<tr>
<td>12/13</td>
<td>Meditation Session</td>
<td>Academic Support</td>
<td>7-8pm</td>
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<td></td>
<td>Facility 201</td>
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<tr>
<td>12/13</td>
<td>Stress Free Zone</td>
<td>AMU 2nd Floor</td>
<td>5-7pm</td>
</tr>
<tr>
<td>12/14</td>
<td>Stress Free Zone</td>
<td>AMU 2nd Floor</td>
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**November 2010**

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<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tr>
<td>11/3</td>
<td>Meditation Session</td>
<td>Academic Support</td>
<td>7-8pm</td>
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<td>Facility 201</td>
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<td>11/2</td>
<td>Great American Smokeout Planning</td>
<td>Chl. for Health Ed. &amp; Promotion</td>
<td>4pm</td>
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<td>11/2</td>
<td>Sex &amp; 7: Itchy and Scratchy</td>
<td>Hankie Lounge, AMU</td>
<td>7pm</td>
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<tr>
<td>11/4</td>
<td>&quot;What's Racing Marquette?&quot; - graduates, faculty &amp; staff</td>
<td>Academic Support</td>
<td>11:30am - 12:30pm</td>
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<td></td>
<td></td>
<td>Facility 201</td>
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4. Participation in the Rec Plex/Rec Center Fitness Program Components (100 pts)

- **Free Friday Fitness Classes:** If 25% of your chapter attends 3 classes throughout the semester, your chapter will receive 25 points *(don’t forget to sign in upon entering class)*.
  
  - This percent can be divided into three classes. Example: if 25% of your chapter = 10 students, you can split up accordingly: 5 attend Zumba on 3/5, 2 attend aerobics on 3/10, 3 attend Zumba 4/2.
  
  - “Free Friday Fitness Class” information can be found in NewBriefs, on the Rec Center E-Board, posted on bulletin boards in both facilities and by checking the link on the website.

- **Fitness Testing:** If 25% of your chapters participates in a fitness test (by appointment) throughout the semester, your chapter will receive 25 points *(Don’t forget to sign in. Identify yourself as “Greek Life” when you call to make your appointment)*. Fitness Testing can be completed in the Fitness Assessment Center in the Rec Plex or the Rec Center. Phone numbers and further information is located on the website. If you visit mypyramid.gov ahead of time and bring your meal planning sheets with you, you will receive 5 bonus points (max. 25 extra per chapter). *Must be the same individual participating throughout. All chapter members choosing to participate CANNOT show up on April 29th and expect to be seen.*

- **Rec Sports Triathlon:** If 25% of your chapter participates and 500 miles are reached by the end of the semester, your chapter will receive 50 points. 500 miles can be achieved by: run, walk, stair step, stationary bike, and elliptical machine. Any special requests and/or modifications to the type of physical activity required should be directed to Amy Melichar.
  
  - A box at both locations marked “Greek Life” will house log sheets. Rec Center (in weight room), Rec Plex (in main fitness center)
5. **Planning and facilitating a chapter wide health and wellness event (150 pts)**

Program planning and facilitation is important to each chapter. We hope that this challenge inspires you to create your own chapter health outreach program. To help you in your planning efforts please call the Center for Health Education and Promotion at x8-5217. We offer many different resources. We can even help you brainstorm ideas!

- 50 pts will be earned if your chapter involves the Center for Health Education and Promotion from start to finish with the program.

- 100 pts will be earned if your chapter is successful in carrying through with a program evaluation with The Center for Health Education and Promotion (must be completed prior to April 29th)

- Example: With plans to run a 5k as a chapter, Delta Xi Phi worked with us to put together their opening educational kick off. Focus was general health, wellness, motivation and tips for training.
6. Join the Center for Health Education and Promotion on Facebook (25 pts)

Go to your Facebook account and in the “search” bar at the top right corner of the page and search “Center for Health Education & Promotion, Marquette University”. Click on “Become a Fan”

- 25% of the chapter equates to 25 points.
- Bonus: Have 25% of your chapter “Become a Fan” of Marquette University Student Health Service and earn an additional 5 points.