



Being active and spending time with family and friends are both directly linked to career satisfaction.

OUR PRIMARY GOAL for the **10-week challenge** is to encourage faculty to participate in physical activity while spending time with family and friends. First-timers, moderate exercisers, and fitness enthusiasts are all welcome to participate!

OUR SPECIFIC TARGET is the brightest star in the Pegasus constellation, Enif (Epsilon Pegasi, the nose of the horse), which is 690 light years away. If one person walks **5 miles a day or 35 miles/week**, it will take that one person approximately **20 weeks to reach Enif**.

Let's challenge ourselves to beat last year's group mileage of **20,569 miles**. This should be an achievable goal as UCF has many, many stars in our midst!

PROGRAM REQUIREMENTS: Registered participants will report mileage **each week for 10 weeks via an online survey**. Weekly reminders and progress updates will be sent to participants.

INCENTIVES

- 1** All registered participants will receive a Faculty Excellence Center for Success of Women Faculty water bottle to keep you hydrated throughout the challenge.
- 2** All individuals who reach their weekly goal will be entered in weekly raffles for baskets of amazing produce from the UCF community garden.
- 3** Individuals who complete at least 80% of their weekly goals at the end of the 10-week program will receive a mystery swag item AND be entered into one of many raffle drawings to enjoy lunch with our UCF mystery guests.

REGISTRATION

Applications from **faculty, staff, students, as well as family and friends of faculty, staff, and students** are [submitted online](#).

Applications must be submitted no later than **5:00 pm on Sept. 1**.

The challenge will **begin on Sept. 11 and conclude on Nov. 12**.