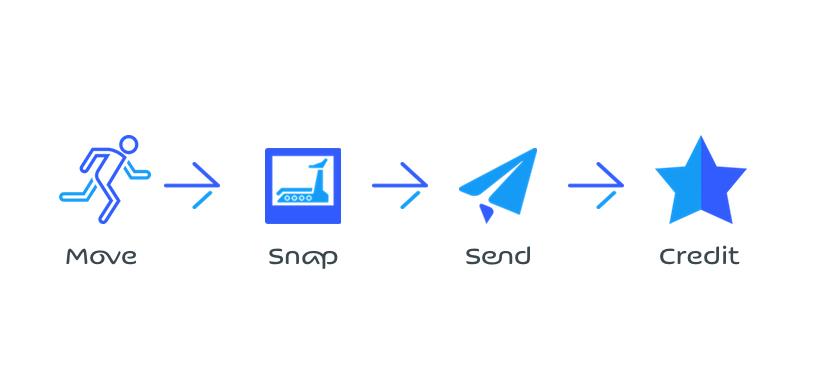
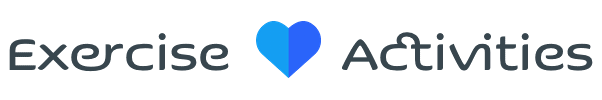
 WonderFit capped off a successful run in its fourth year. The four week long competition began on February 10, 2016 and lasted until March 10, 2016. Personnel of the School District of Palm Beach County were encouraged to move more by completing Exercise Activities, Fitter Choices and Special Operations. The participation process is simple and encourages maximum engagement.





**Exercise Activities** included any aerobic, strength, or stretching exercise that met the minimum time requirements (30 minutes, 10 minutes, and 10 minutes respectively). These activities were worth two credits, and pictures were to be submitted with the hashtag #active.



**Fitter Choices** could be anything from taking the stairs rather than the elevator to choosing to park further away than necessary in the parking lot to ensure a longer walk to your destination. These were also worth two credits, and were to be submitted alongside the hashtag #fitter.



**Special Operations** were the game changers, worth a whopping seven credits. These missions were sent out via email, Benefits Buzz, and Healthchirp and varied from curling full grocery bags to squatting with an armful of encyclopedias. These activities were time-sensitive, and were submitted with the hashtag #specops.

**WonderFit Results**

WonderFit has been a great success by measurable standards. Each year, new participants join and get moving. Thousands of teachers, administrators, and other personnel from nearly every school and department have participated in multiple editions of WonderFit. Ultimately, this indicates WonderFit encouraged more personnel to move more each day. This is a very positive sign from a healthcare cost-mitigation standpoint, and exemplifies another way that the District takes the initiative to become healthier through fun and exciting opportunities to increase physical activity.

Collective Achievements in 2016 included:

* Over 7,900 stairs were climbed
* Covered Nearly 2,000 miles afoot
* Lifted over 35,000lbs
* Stretched for nearly 24 hours
* Made many local citizens happy by giving up prime parking spots.
* Completed over 754 Special Operations.

**The Competition**

Suncoast High was crowned the champions of WonderFit ‘16, followed by Crestwood Middle, Del Prado Elementary and Palm Beach Public. The overall results and the MVP list can be [found here](http://wonderfit.org/results.html). Bea Donnan – pictured bellow – won the Go Red For Women Spec Op, being the reddest of them all.

Congratulations to this year’s champions!

WonderFit’s underlying theme is to get personnel members moving more: taking control of their health and forming healthier habits in a fun and competitive way. Ultimately, this is a wonderful method of inviting the community to get moving. As the department strives to inspire employees to take personal responsibility for their health, it is exciting to see people getting fit and feeling wonderful. The event provides a nudge towards a healthier lifestyle, which everyone can benefit from. The 2016 results cap off a successful run.

To learn more about the District’s WonderFit program visit<http://www.wonderfit.org/>



