

Charger Fit 2019 Winners

January

New Year New You Fitbit Challenge

- January 7 – January 11
- Participants who maintained 7,500 steps or more a day were entered into a random drawing

Congratulations to Brooke Graham!

Team Results

Teams	Total Steps
UAH Academic Colleges	42,761
UAH Research	42,464
Family & Friends UAH	35,927
UAH Finance & Admin	35,457
UAH Academic Affairs	34,836
UAH Pres/Ath/Adv/Div	33,319
UAH Student Affairs	31,692

Top 5 Steppers

Names	Total Steps
Susan Solomon	93,288
Ron Bowman	89,389
Kristy Olive	72,545
Brooke Graham	68,815
Jeremy Howes	66,919



February

Feel the Beat Cardio Challenge

- February 11 – March 11
- Goal was for each individual to complete 150 minutes of exercise per week over the 4 week challenge. The top three teams with the highest average exercise minutes earned bonus points.

Congratulations to:

- Team OVPRED (Melissa Brown, Robert Lindquist, and Theresa Shurtz)
- Team SMAP Patriot (Renee Balentine, Rodney Simmons, and Wanda Sterling)
- Team SERVIR Steps (Emily Adams and Rebekke Muench)



March

Lucky Leprechaun Fitbit Challenge

- March 3 – March 16
- Participants who maintained 7,500 steps or more a day were entered into a random drawing

Congratulations to Dr. Sarah Roller!

Top 5 Steppers

Names	Total Steps
Susan Solomon	246,549
Ron Bowman	177,956
Terri Johnson	176,546
Brooke Graham	175,538
Kristy Olive	172,001



April

Step Into Spring Fitbit Challenge

- April 21 – April 28
- Participants who maintained 7,500 steps or more a day were entered into a random drawing

Congratulations to Steven Forney!

Team Results

Teams	Total Steps
UAH Research	71,359
UAH Academic Colleges	70,996
UAH Student Affairs	61,482
Family and Friends UAH	59,535
UAH Finance & Admin	58,287
UAH Pres/Ath/Adv/Div	56,330
UAH Academic Affairs	52,152

Top 5 Steppers

Names	Total Steps
Ron Bowman	156,557
Michael Murdock	147,539
Thomas Walker	137,036
Steven Forney	118,732
Laurie Joiner	112,033



June

Slim Down for Summer Fitbit Challenge – Part One

- June 10 – June 14
- Participants who maintained 30 active minutes or more each day were entered into a random drawing

Congratulations to Renee Balentine!

Team Results

Teams	Total Steps
UAH Research	45,314
UAH Finance & Admin	42,031
UAH Academic Colleges	41,846
UAH Student Affairs	41,324
UAH Pres/Ath/Adv/Div	39,805
Family and Friends UAH	39,385
UAH Academic Affairs	30,868

Top 5 Steppers

Names	Total Steps
Andrea Lemmond	93,288
Violet Edwards	89,389
Emil Cherrington	72,545
Maggie Allen	68,815
Thomas Walker/Jeffrey Weimer	66,919



June

Slim Down for Summer Fitbit Challenge – Part Two

- June 17 – June 23
- Participants who maintained 7,500 steps or more a day were entered into a random drawing

Congratulations to Melissa Berry!

Team Results

Teams	Total Steps
UAH Research	60,712
UAH Academic Colleges	60,192
Family and Friends UAH	55,724
UAH Finance & Admin	51,690
UAH Student Affairs	47,559
UAH Pres/Ath/Adv/Div	44,978
UAH Academic Affairs	38,941

Top 5 Steppers

Names	Total Steps
Emil Cherrington	129,081
Robert Lindquist	117,876
Susan Solomon	116,831
Kaye Clements	106,559
Terri Johnson	104,728



July

Beach Ready Fitbit Challenge

- July 15 – July 19
- Participants who maintained 30 active minutes or more each day were entered into a random drawing

Congratulations to Charlotte Olson!

Top 5 Active

Names	Total Active Minutes
Ron Bowman	838
Christy Baker	743
Ming Sun	674
Susan Solomon	650
Teresa Shurtz	624

Team Results

Teams	Total Steps
UAH Finance & Admin	45,527
UAH Student Affairs	44,103
UAH Academic Colleges	42,997
Family and Friends UAH	41,863
UAH Research	40,769
UAH Pres/Ath/Adv/Div	37,735
UAH Academic Affairs	31,617



July

How Many Marbles? Facebook Challenge

- July 8 – July 22
- All faculty and staff can guess as many times as they want how many marbles are in the jar.
- The nearest guess under the actual amount will win one of two prizes. Free Teeth Whitening from Dr. Elizabeth Duling or Barn Bird Feeder with bird seed.
- Actual amount was 233 marbles.

Congratulations to Trish Pihringer (227) and Candi DeBardelaben (222)!



September – October

Cutest Pet Contest

- September 2 – October 14
- All faculty and staff can vote for the Cutest Pet of the Week. The sixth week of voting will determine who will be “UAH’s Cutest Pet” of 2019.
- Weekly voting was held Monday through Sunday each week.

Congratulations to



Louise O’Keefe and Nico – Week 1 Winner

Brooke Graham and Beau – Week 2 Winner

Jaclyn Jones and Gremlin – Week 3 Winner

Charlotte Olson and Misty – Week 4 Winner

Kelly Hass and Jack – Week 5 Winner

UAH’s Cutest Pet of 2019 is Beau!

Owner: Brooke Graham, Program Coordinator, ASGC

Age: 5 years old

Breed: Boxer

Bio: Beau is super playful and active. He absolutely loves any kind of rope toy and sticks. There is not a dog treat we have found that he doesn't like either, although he prefers soft and chewy ones to hard ones I would say. He is extremely loyal and always down for a ride, trail run, hike, walk, the beach, the river, you name it.

November

Fitness Friday – ZUMBA with Wendy

- November 22 at 12:00 P.M.
- Anyone who attended Fitness Friday was entered into a drawing for a gift card.

Congratulations to Breanna Abramson!

