



2022 FITNESS CHALLENGE RULES

To recognize the accomplishments of individuals and teams and to help keep participants active and motivated throughout the 2022 Fitness Challenge, LAPRA is introducing a new Activity Challenge to this year’s competition. The Weight Loss Challenge will continue to be one element in the 2022 Fitness Challenge. The new Activity Challenge is designed to attract more individuals to join the 2022 Fitness Challenge including individuals who work out regularly and may not need to lose any weight. Individuals who wish to participate in the 2022 Fitness Challenge must be part of a team in order to compete for individual or team prizes under the Weight Loss Challenge and/or and the Activity Challenge.

Key Dates

01/31/22	Team sign up begins.
02/13/22	Team sign up ends. Application due to LAPRA.
03/06/22	2022 Fitness Challenge begins.
04/17/22	Weight Loss Challenge mid weigh-ins due.
05/28/22	2022 Fitness Challenge ends. Final weigh-ins due.

Eligibility

- All participants must be active LAPD sworn officers or LAPD civilian employees. Teams must have a minimum of 20 sworn officers participating.
- Each team may have a minimum of 20 members and a maximum of 30 members. Teams can be made up of members from various divisions.
- Each team must designate a Team Captain and co-Captain.
- All team members will be registered on the [MyVirtualMission.com](https://myvirtualmission.com) (“MVM”) website or mobile app using their email address. A “Welcome” email will be sent to each participant with instructions on how to logon to the MVM website or mobile app. **If you need assistance the logging into or using the MVM website or mobile app, access the [MVM Help Page](#) or send an email to mvmsupport@myvirtualmission.com.**
- Teams can participate in the Weight Loss Challenge and the Activity Challenge or only the Activity Challenge. If a team chooses to participate in the Weight Loss Challenge, all team members are automatic participants in the Activity Challenge.
- Each team must designate one “Station Fund” to receive any awarded team prizes.

- Participants must be actively at work during the duration of the 2022 Fitness Challenge.
- All prizes will be paid upon completion of the 2022 Fitness Challenge.
- All activity and weight submissions are subject to review. LAPRA shall make the final determination of the winning teams and individuals.
- A 2022 Fitness Challenge Application must be completed in full and submitted to LAPRA by the end of day on Sunday, 02/13. Applications must be emailed to fitnesschallenge@lapra.org, in the Excel format provided by LAPRA. Faxed or printed copies will not be accepted.

Activity Challenge

- The Activity Challenge has 4 segments with each segment running 3 weeks. Participants can walk, run and/or cycle to accumulate miles during each segment of the Activity Challenge.
- Activity Challenge participants must use the My Virtual Mission (MVM) mobile app to report the number of miles completed walking, running or cycling each day during the dates shown in the table below for each segment of the Activity Challenge. In order to get credit for miles completed, participants must use a compatible device or mobile app to sync their information automatically on the MVM website. Participants can send distances completed to the MVM website from apps or wearables such as Runkeeper, Strava, Fitbit and Map My Run/Ride/Walk/Fitness. Distances can also be entered manually via the MVM website or mobile app but will not count towards individual or team prizes.
- Peloton users may manually enter updates to the MVM website or mobile app. A photo or screenshot of the activity summary must be uploaded to the MVM website or on the mobile app along with the entry.
- All Activity Challenge participants are eligible to win individual prizes even if they won an individual prize in a prior year LAPRA Fitness Challenge.
- **Activity Challenge segment prizes** are awarded to the top teams and individuals who complete the most miles in each 3-week segment walking, running or cycling as shown in the table below. Miles completed for the team competition are calculated taking the total miles completed by all participants on a team who participated in each activity (walking, running or cycling) and dividing by the total number of participants completing miles in each activity. Winners will be announced, and prizes awarded upon completion of the Fitness Challenge.

Activity Challenge Prizes per Segment				
Activity Challenge Segments	Dates	Running Team/Individual	Walking Team/Individual	Cycling Team/Individual
Segment 1 – Getting Started	03/06 – 03/26	\$750/\$250	\$750/\$250	\$750/\$250
Segment 2 – Finding Your Groove	03/27 – 04/16	\$750/\$250	\$750/\$250	\$750/\$250
Segment 3 – Maintaining Momentum	04/17 – 05/07	\$750/\$250	\$750/\$250	\$750/\$250
Segment 4 – Finishing Strong	05/08 – 05/28	\$750/\$250	\$750/\$250	\$750/\$250

- **Activity Challenge final prizes** are awarded to the top teams and individuals that accumulate the most miles walking, running or cycling across all 4 segments. Miles completed for the team competition are calculated taking the total miles completed by all participants on a team who participated in each activity and dividing by the total number of participants who participated across all segments of the Activity Challenge. Winners will be announced, and prizes awarded upon completion of the Fitness Challenge.

Activity Challenge Final Prizes Cumulative Segments			
Prize	Running Team/Individual	Walking Team/Individual	Cycling Team/Individual
1 st Prize	\$2,000/\$600	\$2,000/\$600	\$2,000/\$600
2 nd Prize	\$1,500/\$500	\$1,500/\$500	\$1,500/\$500
3 rd Prize	\$1,000/\$350	\$1,000/\$350	\$1,000/\$350
4 th Prize	\$750/\$250	\$750/\$250	\$750/\$250
5 th Prize	\$500/\$100	\$500/\$100	\$500/\$100

Weight Loss Challenge

- If a team chooses to participate in the Weight Loss Challenge, the team is required to have a minimum of 15 participants (at least 10 sworn).
- A participant's weight loss will be counted towards the team's cumulative weight loss only if the participant's weight at this year's initial weigh-in is equal to or less than the participant's ending weight for **any** of the prior year's Challenges.
- A participant who was a past LAPRA Fitness Challenge individual winner for **any** individual prize (top five, special recognition prize, Keep It Off) may participate in the Weight Loss Challenge. However, if a participant's weight at this year's initial weigh-in is more than the participant's ending weight for any prior year Challenge, the participant will not be eligible for an individual weight loss prize in the 2022 Fitness Challenge.
- The percentage weight loss for all participants in the Weight Loss Challenge will be used to determine the total team weight loss. All weigh-ins must be completed using the LAPRA scale.
- Team Captains are required to email each participant's accurate weight to LAPRA at fitnesschallenge@lapra.org as follows:
 - Initial weigh-in by 02/13, mid-challenge weigh-in by 04/17 and final weigh-in by 05/28, must be recorded in the Fitness Challenge Excel spreadsheet provided by LAPRA. Faxed or printed copies will not be accepted.
- Failure to timely email the accurate weights of participants to fitnesschallenge@lapra.org will result in disqualification from the Weight Loss portion of the Fitness Challenge.
- Prizes for the Weight Loss Challenge will be awarded as shown in the table below.

Weight Loss Challenge Prizes		
Prize	Team	Individual
1 st Prize	\$3,000	\$1,500
2 nd Prize	\$2,500	\$1,000
3 rd Prize	\$2,000	\$750
4 th Prize	\$1,500	\$500
5 th Prize	\$1,000	\$250