HHIP
Healthy Husky
Incentive Program

- The University of Southern Maine’s Gorham Student Life department invites all to participate in HHIP (Healthy Husky Incentive Program).

- If you can run, jog, walk, step, bike, row, use an elliptical, participate in group exercise or intramurals, or enjoy resistance training, then you can participate in this year’s campus/community fitness incentive.

- The purpose of this fitness incentive program is to promote a campus/community wide interest in health and fitness through participation in various fitness related activities such as: use of cardio equipment, indoor track, group exercise, PACK personal training, resistance training, and intramural sports.

Rules & Procedures:

- Registration will take place Sept. 4 – Sept. 16. Registration forms are available at the fitness center front desk. Forms must be turned in at the Fitness Center.
- Participants can register in PACKS of 4-6. Individual registration is allowed; individuals will be combined into groups of 4-6.
- PACK names must be appropriate!!
- Prizes/incentives will be awarded to teams as they accumulate points. (See Appendix A)
- Points are earned based on the completion of particular fitness related activities. (See Appendix B)
- Fitness/Recreation staff must verify and sign off on completed activities for points to be credited.
- The PACK that accumulates the most points will receive a special grand prize, and the person who accumulates the most points will also receive an individual special grand prize.
- To encourage a continuing commitment to health and fitness, the maximum number of points that can be earned in a week is limited to 450 per team. This places an individual limit of 15 points a day on each Husky.
- All tracking forms must be turned in every Sunday to receive points for the week. Forms should be turned in at fitness center front desk.

FMI: Contact Mark – 780-5974 – myork@usm.maine.edu - Gorham Student Life
“LIKE” the Healthy Husky Fitness Hut

Facebook.com/pages/Healthy-Husky-Fitness-Center