

Spring Training Challenge @ DCMA



by Ms. Katherine Crawford, Staff Writer

Virtual Fitness @ DCMA, a component of the Work/Life program, recently sponsored the Spring Training Fitness Challenge. There were 541 participants in this 12-week physical activity and health education incentive program. Fitness challenges occur throughout the year with the goal of helping participants become more active while learning up-to-date information about heart health, nutrition and stress management. Agency Wellness/Fitness Coordinator Mr. Shawn Nickle manages this and other fitness programs.

Participants earned Spring Training Fitness Challenge award points when they logged their daily physical activities in Motivation®, a Web-based software program.¹ (Motivation® accounts can be accessed at <http://dcma.motivate.cc/Default.aspx>.) During the fitness challenges, participants can earn points in the Motivation system by completing the following activities:

- **Logging all physical activities in the “Activity Log” section of Motivation** (points vary)

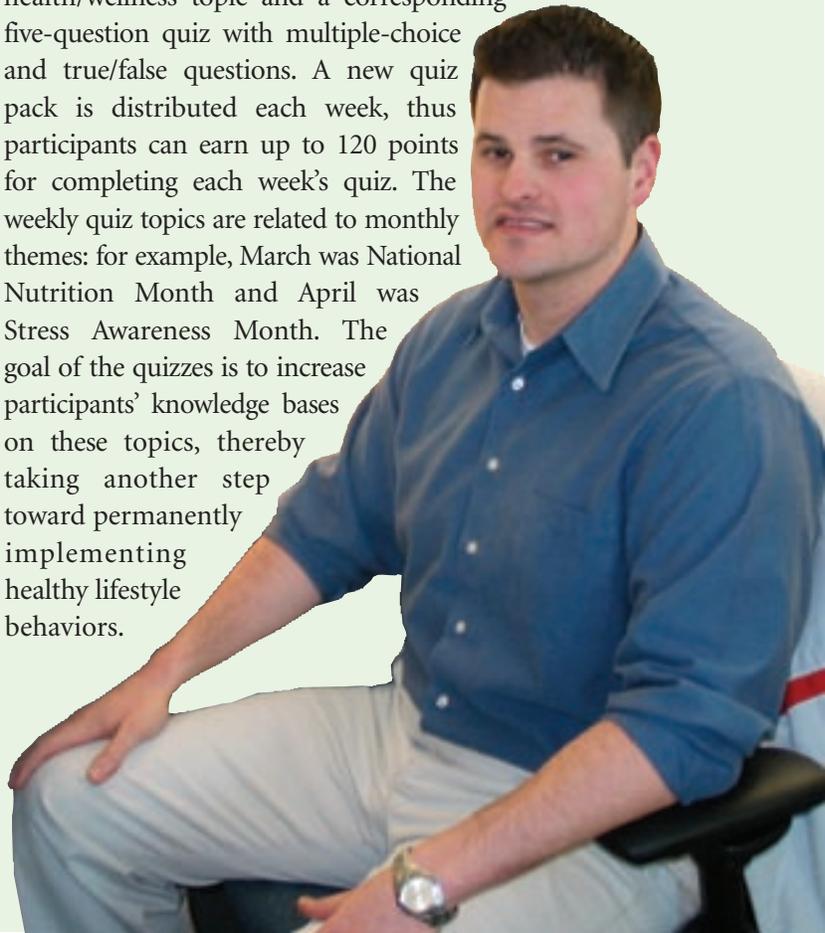
The “Activity Log” section of the Motivation Web site allows participants to enter information into a calendar that tracks their various physical activities. Motivation then automatically calculates the amount of calories the activity burned and the number of incentive points earned. Point amounts vary depending on the type, intensity and duration of the physical activity.

- **Completing the weekly health/fitness quizzes in the “Incentive Program Wellness Tasks” section of Motivation** (10 points for each quiz; 120 points total)

Participants can learn more about physical fitness and earn points by taking the weekly health/fitness quizzes. The quiz packs, which can be obtained from the fitness points of contact (POCs) at DCMA offices, consist of an information sheet on a particular health/wellness topic and a corresponding five-question quiz with multiple-choice and true/false questions. A new quiz pack is distributed each week, thus participants can earn up to 120 points for completing each week’s quiz. The weekly quiz topics are related to monthly themes: for example, March was National Nutrition Month and April was Stress Awareness Month. The goal of the quizzes is to increase participants’ knowledge bases on these topics, thereby taking another step toward permanently implementing healthy lifestyle behaviors.

¹ Motivation is a registered trademark of BSDI®.

(Right) Mr. Shawn Nickle, DCMA’s wellness/fitness coordinator. (DCMA staff photo)



The goal of the program is to become more active while learning about heart health, nutrition and stress management.



• **Completing the Comprehensive Lifestyle Assessments in the “Incentive Program Wellness Tasks” section of Motivation*** (20 points)¹

The Comprehensive Lifestyle Assessment is an electronic questionnaire that assesses various health-related behaviors and provides analysis based on a participant’s answers. The assessment analysis includes one’s prospects for a healthy lifestyle and steps that can be taken to improve one’s quality of life.

• **Completing the Personal Nutrition Assessment in Motivation** (20 points)

The Personal Nutrition Assessment electronic questionnaire assesses a participant’s food intake, compares it with the standards set by the American Dietetic Association and recommends eating habit adjustments that could be made for optimal nutrition.

Depending on the number of points earned over the course of the 12-week fitness challenge, participants may achieve one of three fitness levels: Silver Slugger (300-599 points); Gold Glove (600-899 points); or Triple Crown (900+). Each achievement level

has a prize, or Virtual Fitness “incentive item.” Prizes include a soft, stress-relief baseball, a water bottle and a T-shirt.

Additional Information

For more information about this and other programs, contact your organization’s fitness POC. A listing of each CMO’s fitness POC is posted on the Virtual Fitness Web page: <http://home.dcma.mil/dcma-HR/fitness.htm>. Click on the “Quick Reference” section on the right side of the page.



If you do not know who your CMO fitness POC is, contact:

Shawn Nickle

Agency Wellness/Fitness Coordinator
 (703) 428-0455 (phone)
 (703) 428-1973 (fax)
 Shawn.Nickle.ctr@dcma.mil

Look for upcoming fitness challenges – information will be available in the next couple of months.

Mr. Shawn Nickle

Mr. Nickle attended the University of Maryland at College Park and graduated with a Bachelor of Science in kinesiology in May 2002. Before coming to DCMA, he worked as a wellness/fitness consultant in the Ronald Reagan Building Fitness Center in Washington, D.C., which serves employees of the Environmental Protection Agency, the Department of Homeland Security and the Agency for International Development.

Achievement Levels and Virtual Fitness Incentive Items			
Total Points	Achievement Level	Recommended Fitness Level	Incentives
300 - 599	Silver Slugger	Beginner	Stress-relief Baseball
600 - 899	Gold Glove	Intermediate	Stress-relief Baseball & Water Bottle
900 and up	Triple Crown	Advanced	Stress-relief Baseball, Water Bottle & T-Shirt

(Top Right) The stress-relief baseball and water bottle could be won by earning between 600 and 899 points. (DCMA staff photo)
 (Lower Left) The two different styles of Virtual Fitness T-shirts, part of the Triple Crown incentive pack. (DCMA staff photo)

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Motivation® DCMA's Virtual Fitness Tracking Program

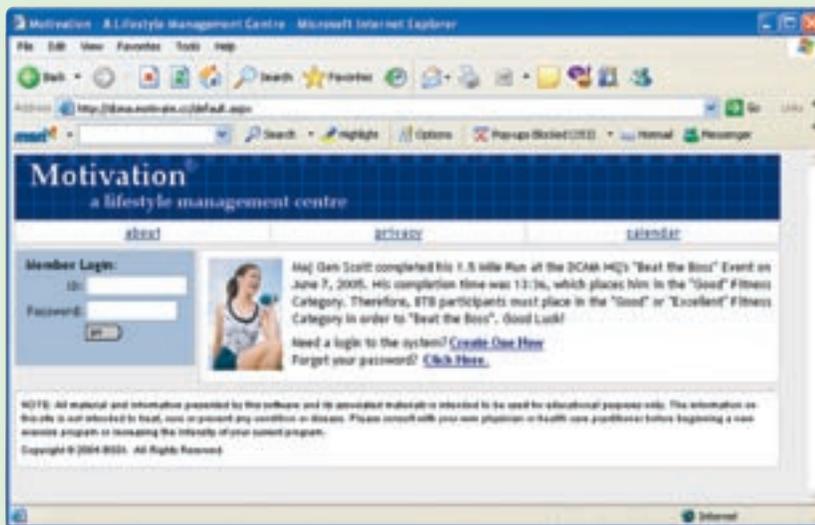
The Motivation system¹ is a Web-based software program developed by BSDI (<http://www.bsdifitness.com>) that DCMA employees can use to log and track their physical activities/exercise; participate in fitness incentive programs; access health and fitness articles; take health assessments; record blood pressure and weight and track them over time; etc. There are currently 2,816 DCMA employees using the Motivation program.

The Motivation Web page can be found at: <http://dcma.motivate.cc/Default.aspx> and the page is also linked to the Virtual Fitness Web page on the DCMA Intranet (<http://home.dcma.mil/dcma-HR/fitness.htm>). This page can be used to create a new account and access existing accounts.

The Motivation database is available at any time, but it is only during a fitness challenge that points can be redeemed for prizes. Points earned before and after dates of fitness challenge cannot be used toward prizes.

Did you know?

DCMA offers a civilian reimbursement program for employees who would like to join a gym but have no Department of Defense or government fitness centers nearby. Employees can be reimbursed up to \$16.75 per month towards the cost of their private gym memberships. Employees must visit the gym an average of two times per week and log all visits in their Motivation site account.



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(Above) The login screen of the Web-based Motivation® software, which all DCMA employees can access. (Image courtesy of BSDI.)