

MontanaFit

A Special Promotion of Alternatives Magazine



An Exercise in Activity

Most people do not understand what exercise is. Going for a walk isn't exercise. Neither are golfing, gardening, hiking, dancing or any sport. These are all examples of physical activity, but they are not exercise.

Exercise is the means; physical activity is the end. You strengthen and condition your body so you can use your body in freedom according to its natural design. If you don't, it falls apart. When performed correctly and consistently, exercise will give you total physical fitness. But fitness cannot occur without resistance training, aerobic conditioning and stretching. No single sport or physical activity provides total physical fitness. -- Corey Holly DNC



Alternatives

MAGAZINE

For official updates and results log onto www.alternatives-magazine.com

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INTRODUCTION:

Montana has the 47th highest level of adult obesity in the nation at 21.1 percent, and the 28th highest overweight high school student level at 8.1 percent. The state spends and estimated \$191 per person each year on medical-costs related to obesity, which was the 45th highest amount in the nation.

MONTANAFIT (MTF)

MONTANAFIT is a special statewide honor system promotion of Alternatives Magazine to help address Montana's fitness issues. It incorporates all the popular forms of recreational fitness activities, a team and solo format designed to help with the motivation aspect and a unique points system that rewards training miles.

THIS HOW IT WORKS

Activities:

MTF features the most popular forms of recreational fitness activities that can be measured by distance and the results determined by time: walking/running, cycling, kayaking, swimming, nordic skiing and snowshoeing.

www.alternatives-magazine.com/MFRun.html

Team or Solo Participation

Participants may form three person teams or compete individually. Teams provide the motivation and encouragement to individual teammates to stick with it. Teams can be made up of co-workers, family, friends, office staff or school classmates. However, if you prefer to do your thing at your pace and schedule and not be involved with organizing a team, or looking for a team to join, you can participate as an individual, or until you find a team to join. You can also compete with and against others in similar age groups, male and female divisions.

Division 1: 10 - 15

Division 2: 16 - 20

Division 3: 21 - 25

Division 4: 26 - 30

Division 5: 31 - 35

Division 6: 36 - 40

Division 7: 41 - 45

Division 8: 46 - 55

Division 9: 56 - 65

Division 10: 66+

For teams, average age of teammates determines division.

Points System:

The points system converts miles logged into points (see points breakdown beginning next page). The faster your pace and the further you go, the more points you earn. If you're already involved in a training program, now you can convert those miles into points. If you enter races that feature MTF distance events, you can log those miles and earn bonus points. You keep track of your miles and log your own points.

Points are tabulated and posted each month and a special check-in party, 5K and bike ride are held. Standings are published on the website and in the magazine and sent to all major medias throughout Montana.

Registration Fees: See [online registration form](#)

- \$30 per member to the benefit **Lance Armstrong LIVESTRONG Cancer Foundation**

Walking/Running

2 Miles		Points	3 Miles		Points	5 Miles		Points
Under 12 Minutes	10		Under 18 Minutes	15		Under 30 Minutes	20	
12.1 - 15.0	9		18.1 - 21.0	14		30.1 - 33.0	19	
15.1 - 18.0	8		21.1 - 24.0	13		33.1 - 36.0	18	
18.1 - 21.0	7		24.1 - 27.0	12		36.1 - 39.0	17	
21.1 - 24.0	6		27.1 - 30.0	11		39.1 - 42.0	16	
24.1 - 27.0	5		30.1 - 33.0	10		42.1 - 45.0	15	
27.1 - 30.0	4		33.1 - 36.0	9		45.1 - 48.0	14	
30.1 - 33.0	3		36.1 - 39.0	8		48.1 - 51.1	13	
33.1 - 36.0	2		39.1 - 41.0	7		51.1 - 54.0	12	
36.1 - 39.0	1		41.1 - 44.0	6		54.1 - 57.0	11	
			44.1 - 47.0	5		57.1 - 1:00.0	10	
			47.1 - 50.0	4		1:00.1 - 1:03.0	9	
			50.1 - 53.0	3		1:03.1 - 1:06.0	8	
			53.1 - 56.0	2		1:06.1 - 1:09.0	7	
			56.1 - 59.0	1		1:09.1 - 1:12.0	6	
						1:12.1 - 1:15.0	5	
						1:15.1 - 1:18.0	4	
						1:18.1 - 1:21.0	3	
						1:21.1 - 1:24.0	2	
						1:24.1 - 1:27.0	1	

WALKING FACTS

- Americans walk an average of 5,300 steps in a day.
- Many health experts recommend doing at least 10,000 steps a day.
- People who wear a pedometer walk about 2,000 more steps a day than those who don't.

Special Marathon, Half Marathon

Full Marathon		Half Marathon	
26.2 Miles	Points	13.1 Miles	Points
Under 3 Hours	25	Under 1 Hour	20
3:01.01 - 3:05.00	24	1:00.01 - 1:05.00	14
3:05.01 - 3:10.00	23	1:05.01 - 1:10.00	13
3:10.01 - 3:15.00	22	1:10.01 - 1:15.01	12
3:15.01 - 3:20.00	21	1:15.01 - 1:20.00	11
3:20.01 - 3:25.00	20	1:20.01 - 1:25.00	10
3:25.01 - 3:30.00	19	1:25.01 - 1:30.00	9
3:30.01 - 3:35.00	18	1:30.01 - 1:35.00	8
3:35.01 - 3:40.00	17	1:35.01 - 1:40.00	7
3:40.01 - 3:45.00	18	1:40.01 - 1:45.00	6
3:45.01 - 3:50.00	17	1:45.01 - 1:50.00	5
3:50.01 - 3:55.00	16	1:50.01 - 1:55.00	4
4:00.01 - 4:05.00	15	1:55.01 - 2:00.00	3
4:05.01 - 4:10.00	14	2:00.01 - 2:05.00	2
4:10.01 - 4:15.00	13	2:05.01 - 2:10.00	1
4:15.01 - 4:20.00	12		
4:20.01 - 4:25.00	11		
4:25.01 - 4:30.00	12		
4:30.01 - 4:35.00	11		
4:35.01 - 4:40.00	10		
4:40.01 - 4:45.00	9		
4:45.01 - 4:50.00	8		
4:50.01 - 4:55.00	7		
4:55.01 - 5:00.00	6		
5:00.01 - 5:05.00	5		
5:05.01 - 5:10.00	4		
5:10.01 - 5:15.00	3		
5:15.01 - 5:20.00	2		
5:20.01 - 5:25.00	1		

Cycling

3 Miles		Points	5 Miles		Points	10 Miles		Points
Under 7 Minutes	15		Under 12 Minutes	20		Under 24 Minutes	25	
7.1 - 8.0	14		12.1 - 14.0	19		24.1 - 26.0	24	
8.1 - 9.0	13		14.1 - 16.0	18		26.1 - 28.0	23	
9.1 - 10.0	12		16.1 - 18.0	17		28.1 - 30.0	22	
10.1 - 11.0	11		18.1 - 20.0	16		30.1 - 32.0	21	
11.1 - 12.0	10		20.1 - 22.0	15		32.1 - 34.0	20	
12.1 - 13.0	9		22.1 - 24.0	14		34.1 - 36.0	19	
13.1 - 14.0	8		24.1 - 26.0	13		36.1 - 38.0	18	
14.1 - 15.0	7		26.1 - 28.0	12		38.1 - 40.0	17	
15.1 - 16.0	6		28.1 - 30.0	11		40.1 - 42.0	16	
16.1 - 17.0	5		30.1 - 32.0	10		42.1 - 44.0	15	
17.1 - 18.0	4		32.1 - 33.0	9		44.1 - 46.0	14	
18.1 - 19.0	3		33.1 - 34.0	8		46.1 - 48.0	13	
19.1 - 20.0	2		34.1 - 35.0	7		48.1 - 50.0	12	
20.1 - 21.0	1		35.1 - 36.0	6		50.1 - 52.0	11	
21.1 - 22.0	4		36.1 - 37.0	5		52.1 - 54.0	10	
22.1 - 23.0	3		37.1 - 38.0	4		54.1 - 55.0	9	
23.1 - 24.0	2		38.1 - 39.0	3		55.1 - 56.0	8	
24.1 - 25.0	1		39.1 - 40.0	2		56.1 - 57.0	7	
			40.1 - 41.0	1		57.1 - 58.0	6	
						58.1 - 59.0	5	
						59.1 - 60.0	4	
						60.1 - 61.0	3	
						61.1 - 62.0	2	
						62.1 - 63.0	1	

An Hour of Bicycling...
 Body weight: 154 lbs
 Speed: 12-13.9 mph –moderate effort
 Calories burned: 560

Kayak/Canoe (Flatwater)

1/2 Mile		Points	3/4 Mile		Points	1 Mile		Points
Under 4 Minutes	15		Under 6 Minutes	20		Under 8 Minutes	25	
4.01 - 5.0	14		6.1 - 7.0	19		8.1 - 9.0	24	
5.01 - 6.0	13		7.1 - 8.0	18		11.1 - 10.0	23	
6.01 - 7.0	12		8.1 - 9.0	17		12.1 - 11.0	22	
7.01 - 8.0	11		9.1 - 10.0	16		13.1 - 12.0	21	
8.01 - 9.0	10		10.1 - 11.0	15		14.1 - 13.0	20	
9.1 - 10.0	9		11.1 - 12.0	14		15.1 - 14.0	19	
11.1 - 11.0	8		12.1 - 13.0	13		16.1 - 15.1	18	
11.1 - 12.0	7		13.1 - 14.0	12		17.1 - 16.0	17	
12.1 - 13.0	6		14.1 - 15.0	11		18.1 - 17.0	16	
13.1 - 14.0	5		15.1 - 16.0	10		19.1 - 18.0	15	
14.1 - 15.0	4		16.1 - 17.0	9		20.1 - 19.0	14	
15.1 - 16.0	3		17.1 - 18.0	8		21.1 - 22.0	13	
16.1 - 17.0	2		18.1 - 19.0	7		22.1 - 23.0	12	
18.1 - 19.0	1		19.1 - 20.0	6		23.1 - 24.0	11	
			20.1 - 21.0	5		24.1 - 25.0	10	
			21.1 - 22.0	4		25.1 - 26.0	9	
			22.1 - 23.0	3		26.1 - 27.0	8	
			23.1 - 24.0	2		27.1 - 28.0	7	
			24.1 - 25.0	1		28.1 - 29.0	6	
						29.1 - 30.0	5	
						30.1 - 31.0	4	
						31.1 - 32.0	3	
						32.1 - 33.0	2	
						33.1 - 34.0	1	

Swimming

1/4 Mile	Points	1/2 Mile	Points	1 Mile	Points
Under 7 Minutes	15	Under 15 Minutes	20	Under 30 Minutes	25
7.01 - 9.00	14	15.01 - 17.0	19	30.01 - 32.00	24
9.01 - 10.00	13	17.01 - 19.00	18	32.01 - 34.00	23
10.01 - 12.00	12	19.01 - 21.00	17	34.01 - 36.00	22
12.01 - 14.00	11	21.01 - 23.00	16	36.01 - 38.00	21
14.01 - 16.00	10	23.01 - 25.00	15	38.01 - 40.00	20
16.01 - 18.00	9	25.01 - 27.00	14	40.01 - 42.00	19
18.01 - 20.00	8	27.01 - 29.00	13	42.01 - 44.00	18
20.01 - 22.00	7	29.01 - 31.00	12	44.01 - 46.00	17
22.01 - 24.00	6	31.01 - 33.00	11	46.01 - 48.00	16
24.01 - 25.00	5	33.01 - 34.00	10	48.01 - 49.00	15
25.01 - 26.00	4	34.01 - 35.00	9	49.01 - 50.00	14
26.01 - 27.00	3	35.01 - 36.00	8	51.01 - 52.00	13
27.01 - 28.00	2	36.01 - 37.00	7	52.01 - 53.00	12
28.01 - 29.00	1	37.01 - 38.00	6	53.01 - 54.00	11
		38.01 - 39.00	5	54.01 - 55.00	10
		39.01 - 40.00	4	55.01 - 56.00	9
		40.01 - 41.00	3	56.01 - 57.00	8
		41.01 - 42.00	2	57.01 - 58.00	7
		42.01 - 43.00	1	58.01 - 59.00	6
				59.01 - 60.00	5
				60.01 - 61.00	4
				61.01 - 62.00	3
				62.01 - 63.00	2
				63.01 - 64.00	1

Additional Points

Weight Training

As we age cardio exercises alone can't help us preserve muscle mass. Resistance training has the potential to improve muscle strength and endurance, enhance flexibility and body composition, decrease risk factors for cardiovascular disease and improve glucose tolerance and insulin sensitivity. Weight training not only benefits metabolism, it builds muscle and preserves bone mass. A well organized weight training should be part of everyone's fitness regime. Since weight training isn't measured by time and distance, like all the aerobic sports, points

- 10 points are awarded for every hour engaged in actual resistance training.

Weight Loss Points

Although participation in the weight loss portion of MONTANAFIT is optional, it is usually the ultimate goal in any fitness program.

Pounds Lost Points

10 - 20	5
21 - 30	10
31 - 40	15
41 - 50	20
51 - 60	25
61 - 70	30
71 - 80	35
81 - 90	40
91 - 100	45
100 +	50

Certified MONTANAFIT Event

Bonus points can be earned if you enter and participate in events hosted and promoted by other organizations. They are referred to as "Certified Montana Events." See calendar in the website www.alternatives-magazine.com/Calendar.html to find out what events are participating in the program. For information on how to include, or designate your event a "Certified MONTANAFIT Event," call 406-765-1401, or email dennisk@nemont.net.

- 5 bonus points for entering (plus mileage and points for the event)
- 5 additional bonus for complying with the events pre-registration requirements

Snowshoeing

1 Mile	Points	2 Miles	Points	3 Mile	Points
Under 20 Minutes	10	Under 40 Minutes	15	Under 60 Minutes	20
20.1 - 21.0	9	40.1 - 41.0	14	1:00.1 - 1:01.0	19
21.1 - 22.0	8	41.1 - 42.0	13	1:01.1 - 1:02.0	18
22.1 - 23.0	7	42.1 - 43.0	12	1:02.1 - 1:03.0	17
23.1 - 24.0	6	43.1 - 44.0	11	1:03.1 - 1:04.0	16
24.1 - 25.0	5	44.1 - 45.0	10	1:04.1 - 1:05.0	15
25.1 - 26.0	4	45.1 - 46.0	9	1:05.1 - 1:06.0	14
26.1 - 27.0	3	46.1 - 47.0	8	1:06.1 - 1:07.0	13
27.1 - 28.0	2	47.1 - 48.0	7	1:07.1 - 1:08.0	12
28.1 - 29.0	1	48.1 - 49.0	6	1:08.1 - 1:09.0	11
		49.1 - 50.0	5	1:09.1 - 1:10.0	10
		50.1 - 51.0	4	1:00.1 - 1:11.0	9
		51.1 - 52.0	3	1:01.1 - 1:12.0	8
		52.1 - 53.0	2	1:02.1 - 1:13.0	7
		53.1 - 54.0	1	1:03.1 - 1:14.0	6
				1:04.1 - 1:15.0	5
				1:05.1 - 1:16.0	4
				1:06.1 - 1:07.0	3
				1:07.1 - 1:08.0	2
				1:08.1 - 1:09.0	1

Nordic Cross-Country or Track Skiing

1 Mile	Points	2 Miles	Points	3 Mile	Points
Under 25 Minutes	10	Under 55 Minutes	15	Under 80 Minutes	20
25.1 - 26.0	9	55.1 - 56.0	14	1:20.1 - 1:21.0	19
26.1 - 27.0	8	56.1 - 57.0	13	1:21.1 - 1:22.0	18
27.1 - 28.0	7	57.1 - 58.0	12	1:22.1 - 1:23.0	17
28.1 - 29.0	6	58.1 - 59.0	11	1:23.1 - 1:24.0	16
29.1 - 30.0	5	59.1 - 1:00.0	10	1:24.1 - 1:25.0	15
30.1 - 31.0	4	1:00.1 - 1:01.0	9	1:25.1 - 1:26.0	14
31.1 - 32.0	3	1:01.1 - 1:02.0	8	1:26.1 - 1:27.1	13
32.1 - 33.0	2	1:02.1 - 1:03.0	7	1:27.1 - 1:28.0	12
33.1 - 29.0	1	1:03.1 - 1:04.0	6	1:28.1 - 1:29.0	11
		1:04.1 - 1:05.0	5	1:29.1 - 1:30.0	10
		1:05.1 - 1:06.0	4	1:30.1 - 1:31.0	9
		1:06.1 - 1:07.0	3	1:31.1 - 1:32.0	8
		1:07.1 - 1:08.0	2	1:32.1 - 1:33.0	7
		1:08.1 - 1:09.0	1	1:33.1 - 1:34.0	6
				1:34.1 - 1:35.0	5
				1:35.1 - 1:36.0	4
				1:36.1 - 1:37.0	3
				1:37.1 - 1:38.0	2
				1:38.1 - 1:39.0	1

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Registration Form
May 17 thru September 20

Registration is \$30 per person to benefit the Lance Armstrong LIVESTRONG Grassroots Cancer Foundation. Includes yellow Lance Armstrong event t-shirt, or wrist bracelet. Fill in the blanks below - **PLEASE WRITE LEGIBLY**. Kickoff date is May 17, 2008.

Make check or money order payable to **Mountain Publishing** and mail to: **P.O. Box 493, Plentywood, MT 59254**. Once we receive your completed registration we will confirm and keep you informed by email only. If you have any questions please call Dennis Ketterman, 406-765-1401, or email dennisk@nemont.net

Individual

Name _____

Sponsor? _____

Address _____

City _____ State ____ Zip _____

Telephone _____ Email _____

[] Male [] Female Age Division _____ * Weight (optional) _____

T-Shirt Size: (circle) Men sizes XXX XXLG XLG LG MED SM. 100% cotton, heavyweight white.

Team

Team Name _____

Team Sponsor? _____

1. Team Member & Captain _____

Address _____

City _____ State ____ Zip _____

Phone _____ Email _____

T-shirt Size (Circle One) XXXLG XXLG XLG LG MED SM

2. Team Member _____

Address _____

City _____ State ____ Zip _____

Phone _____ Email _____

T-shirt Size (Circle One) XXXLG XXLG XLG LG MED SM

3. Team Member _____

Address _____

City _____ State ____ Zip _____

Phone _____ Email _____

T-shirt Size (Circle One) XXXLG XXLG XLG LG MED SM

* Combined Team Weight (optional) _____

For updates and other notices please log onto www.alternatives-magazine.com

To register online: <http://www.alternatives-magazine.com/MFRegistration.html>

