

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. -- Cory Holly, DM

Alternatives

MAGAZINE

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

P.O. Box 493

Plentywood, MT 59254

406-765-1401 • dennisk@nemont.net

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 an 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. 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.

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:

A unique points system converts miles logged into points. 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, regardless if you're registered with the Shape Up Montana program, running in the Boston Marathon or your local community 5K fundraiser. You keep track of your miles and log your own points.

Two Stages Per year: There are two individual stages or sessions per year.

Stage I: October 1 through March

Stage II. April 1 through September

Points are tabulated each month during each stage. Standings are recorded and posted each month and published on the website and in the magazine and sent to all major medias

throughout Montana. After each stage participants can move on, join another team, or form one, go solo, find new sponsors or simply regroup and get ready for the next stage.

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

- \$30 per member, per 6 month stage. Includes event t-shirt
- \$5 of each entry fee will be donated to the **Lance Armstrong LIVESTRONG Cancer Foundation**
- Several competitive events and tours will be promoted throughout the year TBA. Bonus points will be awarded and proceeds of the entry fees will be donated to **LIVESTRONG foundation**. Be watching for schedules and other information on this site and in the weekly event update newsletters.

What is “A Certified MONTANAFIT Event?”

If race or tour directors label, or declare their event “**A Certified MONTANAFIT Event**” it simply means registered MONTANAFIT team members and individual participants will receive bonus points just for entering the event. 5 for registering and 5 for complying with the events advance registration requirements. Click [HERE](#) for details and request form. PLUS! for expanded exposure and promotional benefits find out how to turn your event into a [BioFestTour event](#).

FACTS, FIGURES and OTHER INFORMATION:

[Reducing Obesity and Preventing Diabetes in Schools](#)

The need for schools to take a leading role in the promotion of healthy living has been increasingly important given the overall decline in physical fitness

[The Estimated Prevalence and Cost of Diabetes in Montana](#)

The national cost of diabetes in the U.S. in 2007 exceeds \$174 billion. The total cost of diabetes for people in Montana in 2006 was \$508,100,000



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
-

Nordic Cross-Country or Track Skiing

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

Snowshoeing

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 - 1:27.0	13
32.1 - 33.0	2	1:02.1 - 1:03.0	7	1:27.1 - 1:28.0	12
33.1 - 34.0	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
Stage I: April 1 thru September
Deadline is March 28, 2008

Registration is \$30 per person, per 6 month stage. Includes event t-shirt. PLUS! \$5 of each entry fee is donated to the Lance Armstrong LIVESTRONG Grassroots Cancer Foundation. Fill in the blanks below - **PLEASE WRITE LEGIBLY**. Kickoff date is April 1, 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 all participants 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 XXL 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>

