

Frank and Plank: 13 Day Countdown to a Frighteningly Fit Halloween

Dates: October 18, 2024 - October 31, 2024

Practicing plank exercises regularly builds endurance, improves posture, aids metabolism, and improves mental health. Planking is a full body exercise and holding plank for as little as 30 seconds per day can help aid in core strength and even reduce back pain. Increasing the amount of time you hold plank each day will help your body build endurance. Proper form is key. The goal is to improve your overall plank time each day by 10-15 seconds.

RULES:

- This 13-day event starts on October 18, 2024, and ends on October 31, 2024
- TO REGISTER GO HERE <https://forms.office.com/r/eDUWp0sNR3>
- Teams of 4 to 6. Each team should choose a captain.
- Daily planks to build endurance and improve your overall plank time.
- Complete one recording form per team by the end of the day October 31st. Record your team members' daily plank times for all 13 days. Download the recording form and share with your team (Score card will be provided).
- Send in your team's Halloween photo to the wellness center at wellness@lsuhsc.edu so your team can be judged on best team spirt and best Halloween costumes. If you want to be chosen as the winner in any category, you must submit your photo by October 31st. Please provide your team's name when you send in your photo. All photos must comply with LSUHSC social media guidelines, and they must be appropriate to share. Only one photo per team. The winning team in each category will be featured on the digital display.
- Videos to learn appropriate plank techniques can be found at <https://www.lsuhs.edu/orgs/campushealth/plank.aspx>
- Three teams will be announced as winners on November 4, 2024. Team pictures of the three winners will be posted on the digital display for recognition.
- Winners will be judged on team spirit, best team Halloween costume, team most improved plank time.
- The judges will be the LSUHSC Wellness Committee. Judging will be completely arbitrary based on subjective interpretation of the data provided.
- Most importantly.....HAVE FUN!!!!!!!