Nine-week AFL Multi Labs Challenge kicks off on April 2
By Emmeline Chen

Would you like to kick-start your exercise program while getting to know your coworkers better through a fun team activity? Join the 10th annual Active for Life (AFL) Multi Labs Challenge, sponsored by Sandia and the American Cancer Society (ACS).

This year's nine-week challenge, which encourages participants to be more active and eat healthier foods on a regular basis, begins on April 1 and ends on May 31. An AFL kickoff/open-house event will be held on Wednesday, April 2, from 10 a.m. to 2 p.m. at the Life Design Center (LDC) in Mobile 32.

Seven national labs are competing in this year's AFL Multi Labs Challenge: Sandia/California, Brookhaven National Laboratory, Fermi National Accelerator Laboratory, Lawrence Livermore National Laboratory, the National Renewable Energy Laboratory, the Nevada National Security Site (NNSS), and the Y-12 National Security Complex. NNSS has won the AFL Multi Labs Challenge for the past three years, but Emily Rada (8527-1), Sandia/California's AFL executive and program director, is hoping that Sandia/California will earn the #1 spot this year and take back the trophy from NNSS.

Emily has set a 2014 AFL participation goal of 200 members of the workforce (MOWs), a sizable increase over the 141 MOWs who took part in 2013. She encourages all Sandia/California MOWs to enter the 2014 AFL Multi Labs Challenge.

"AFL is a competition to become more active!" says Emily. "You don't have to be the most physically fit person to participate; AFL is about encouraging you to move more than you normally do." She explains that participants set their own exercise goals based on how active they are now and how active they would like to be.

Each AFL participant joins a small team of coworkers. Individuals and teams earn life points for each minute of intentional exercise and bonus points for eating fruits and vegetables and drinking water. Prizes will be given to the Sandia/California teams with the most life points and the most bonus points. Individual awards will be presented for earning the most life points, exhibiting the greatest improvement in activity level, participating in the most fitness challenges, and showing the most spirit. And of course, the national lab with the highest life point total will win bragging rights and the coveted 2014 AFL Multi Labs Challenge trophy.

Emily is organizing eight AFL fitness and nutrition challenges to keep Sandia/California AFL participants motivated throughout the competition. Everyone who participates in a fitness or nutrition challenge will receive 1,000 Virgin HealthMiles (VHM). These challenges include a Group Exercise Marathon on April 2 and a 5K Fun Run on May 27, as well as a few more unusual offerings:

- **Taste Test** (April 23). An experiment to see if participants can taste the difference between regular brownies and a healthier alternative.

- **Culinary Smack Down** (May 7). A nutritional challenge where participants are given several ingredients and asked to test their culinary skills by coming up with a delicious dish on the fly.
- **Urban Dare** (May 14). A mash-up of a trivia contest, photo hunt, and mental/physical challenges where teams of two or more solve clues to find checkpoints where they must perform dares in a race to the finish.
- **Recipe Switch Up** (May 18–31). An opportunity to create a healthier version of a recipe.

At the AFL kickoff/open-house event attendees can learn more about AFL and sign up for a team. Steve Rottler will provide opening remarks from 11:30 a.m. to 12 p.m., and the event will feature giveaways and light refreshments.

Everyone who attends the AFL kickoff/open-house event will receive 1,000 VHM. If you bring a healthy dish and recipe, you will receive another 1,000 VHM. As an added incentive, non-LDC members and LDC members who have not visited the LDC during the past six months will receive an additional 1,000 VHM.

Come in workout attire if you wish to earn another 1,000 VHM by participating in the first AFL fitness challenge, a Group Exercise Marathon, where you can sample up to six 30-minute group exercise classes:

- Stretch (10 a.m. to 10:30 a.m.)
- Tai Chi (10:30 a.m. to 11 a.m.)
- Power Pump Lite (11 a.m. to 11:30 a.m.)
- Power Circuit (12:30 p.m. to 1 p.m.)
- Brazilian Dance Cardio (1 p.m. to 1:30 p.m.)
- Mindfulness-Based Stress Reduction (1:30 p.m. to 2 p.m.)

During the week of March 31, Virgin Pulse (VP) members will receive an invitation to join the AFL Multi Labs Challenge via the VP website [www.virginpulse.com]. Non-VP members can contact Emily [eethomp@sandia.gov] to participate by using the ACS website [www.activeforlife.org].

If you would like to volunteer to help with the Urban Dare and the 5K Fun Run, please contact Emily [eethomp@sandia.gov].

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2012 Urban Dare challenge

Throwback Thursday in a past AFL

Shamrock Run a big success

Nearly 200 runners and walkers donned their favorite shade of green for the 2014 Shamrock Run, a 5K run/1-mile walk held in the Livermore Valley Open Campus (LVOC) on March 13. Among the runners and walkers were 58 participants from Lawrence Livermore National Laboratory (LLNL).

Carole Le Gall (8005), dressed in a green tutu, kicked off the race. The runners and walkers traveled through the LVOC on a course designed by Ivan Antonov (8353).

Margot Hutchins (8116) was the top female finisher with a time of 19:32. Guilhem Lacaze (8351) was the top male finisher with a time of 18:04.

The top five female finishers were:
- Margot Hutchins
- Samantha Collingsworth (8353)
- Marianne Paulson (LLNL)
- Marie Kane (8223)
- Julie Fruetel (8114)

The top five male finishers were:
- Guilhem Lacaze
- Francois Leonard (8656)
- David Siegel (8656)
- Scott Peterson (8254)
- Chris Rasmussen (LLNL)

After the race, runners, walkers, and supporters enjoyed lunch by Tequila Taqueria, dessert from The Cupcake Lady, and a crafts fair featuring talented Sandians. The Cupcake Lady donated a portion of proceeds earned at the vent to Citizen Schools [citizenschools.org]. At the crafts fair, Dionne Hidalgo (8511) raised $300 for the Cystic Fibrosis Foundation by selling sold cupcakes, truffles, and snack mixes

Mark your calendars for three more site 5ks in 2014:
- Run Farmers Run, Tuesday, May 27 at 11:30 am
- Stars & Stripes Run, Wednesday, July 2 at 11:30 am
- Turkey Trot, Wednesday, Nov. 19 at 11:30 am (registration fee of 2 cans of food)

Participants receive 1,000 Virgin Health Miles (VHM) per event. Recruit a member of the workforce who did NOT do one of our 5k/1mile events in the last year, and you both receive 1000 bonus VHM. Earn Quadruple Crown honors by participating in all four 5k events this year. You will be rewarded with a special prize, 3,000 VHMs, and a healthy body.

Register by emailing saludca@sandia.gov. Volunteers are also needed for each event. Email saludca@sandia.gov to volunteer your time.

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Start of the Shamrock Run

Carole Le Gall

Kellie Ashton, Joy Macpherson, Emily Rada