

March Mayhem Program Guide for Participants 2023



Contents:

- [Program Overview – Pages 2](#)
- [Point System – Page 3 & 4](#)
- [Challenge Billboard – Page 5](#)
- [Team Arena – Page 6](#)
- [Players Club – Page 7](#)
- [Locker Room – Page 8](#)
- [MHF Wellness Portal Account – Page 9 & 10](#)

March Mayhem Program Guide for Participants 2023

Program Overview

- The purpose of the March Mayhem Challenge 2023 is to support participants in meeting their physical activity goals and provide support and guidance to make changes for a healthier lifestyle.
- The March Mayhem Challenge is a team competition that will be held March 6 – March 31, 2023.
- March Mayhem is a four-week program. The fitness-based program is composed of teams consisting of three DFAS employees per team. Reported exercise activities translate into activity points, which will accumulate per team, like a basketball score format. Higher intensity activity translates into more points earned—but don't worry, there are plenty of low-impact and beginner activities also.
- Teams are divided into conferences. Each team plays a virtual basketball game for points, against each other for the full four weeks. The top scoring team from each conference is decided based on overall total points (think of it as bracket play).
- The team with the highest total number of activity points earned is the winner. The top-scoring team in each conference will earn an Under Desk Bike Stationary Pedal Exerciser.
- It is recommended that participants [Log in](#) daily and record their physical activity. When you log your activity, we will add your activity points to those of your teammates and compute your standing relative to the other teams in the competition. If you do not have time to enter daily, please try to at least enter activity weekly! (See How to Log Exercise to learn how to log your exercise).
- Exercise will be updated on the dashboard on the [MHF Wellness portal](#) every hour on the hour.
- A weekly email will be sent that includes current standings.
- The conferences and how each team is placed into each conference will be determined by Sierra Rankin, Health Promotion Coordinator.

- **NEW THIS YEAR!** *Team captains will have the opportunity to rate their team's fitness level. The questionnaire will be emailed to captains once teams have been selected. They will be asked to rank their teams' fitness level in three categories: beginner, moderate and advanced. Based on their selection teams will be placed in a conference to compete against others at their same level. This change allows participants to compete with teams of the same fitness level during the challenge that all conferences are leveled up!*

- Each individual team member is responsible for logging their activity on their [MHF Wellness portal](#) account.
- *All activity must be entered into the MHF Wellness portal by 12:00AM ET on April 1, 2023. NO activity entered in the portal after this date will be reported for the challenge.*

March Mayhem Program Guide for Participants 2023

Point System

Each player will enter his/her cumulative minutes of activity preferably each day into the [MHF Wellness portal](#).

What counts as minutes of exercise?

Time spent in physical activity beyond normal daily movement that increases your heart rate.

For Example: Walking to the fridge for another piece of cheesecake: NOT minutes of exercise.
A brisk walk during your lunch break: Yes! These minutes count.

The ultimate test would be to ask yourself: "Would I be okay if someone else logged these minutes for this activity?" If yes, log away!

Aim to introduce, maintain, or increase your level of physical activity to a level that is healthy for you.

Always listen to your body.

What Are MIE Minutes?

MIE minutes are minutes of exercise or physical activity spent at a moderate to high level of intensity and are awarded a higher equivalent due to the higher intensity.

MIE exercises are determined by the standardized MET level of the exercise. A MET is the amount of energy it takes to do a given activity based on the oxygen requirements of the activity. METS are measured in mL of O₂/kg of bodyweight/minute. For example, running at 6mph has a MET level of 9.8 while gardening has a MET level of 3.8

For this challenge, one minute of activity logged at a MET level of 6.5 or higher will earn 2.5 Moderate Intensity Equivalent (MIE) minutes of exercise.

For Example:

1 minute walking = 1 minute of exercise

1 minute running = 2.5 minutes of exercise

You will choose your own intensity level based on the type of exercise or physical activity.

How do we rate our intensity of exercise?

Intensity is a subjective measure of cardiovascular demand on a scale of 1 to 5 on the portal. When (and if) you are manually entering your exercise on the [MHF Wellness portal](#), you will rate the level of intensity of your exercise based on perceived exertion – how hard was it.

Except for low-intensity activities like walking and yoga, you should generally avoid pursuing exercise at the highest intensity unless you are highly conditioned and accustomed to exercising at maximal effort. If you are at all deconditioned, it is recommended to exercise at low to moderate intensity levels until your level of conditioning improves.

March Mayhem Program Guide for Participants 2023

If you are doing a high intensity style class, use the "HIIT" category since those intensities match best. If you are doing any other dance or cardio class such as Zumba®, choose 'Class: Cardio/Dance'.

Basic Guide for Exercise Intensity Rating

- 1: Easy - you can do this for a long duration; all day pace
- 2: Moderate – more challenging, long steady aerobic activity with efficient movements and breathing; hiking, bodyweight workouts,
- 3: Hard – increased level of effort but sustainable with breaks; difficult hike terrain, tempo bike rides, moderate strength and conditioning workouts
- 4: Difficult – not sustainable for longer than 60 minutes, or a 20 minute max effort pace; 4-8 minute intervals; High intensity strength circuits
- 5: Maximum – not sustainable all-out effort, 10 seconds to 2 minute intervals with max effort; maximum strength training lifts

More about how the MET values are assigned in the [MHF Wellness Portal](#)

The MET values will depend on the Exercise Type chosen and the selected intensity level. *Remember for this challenge, one minute of activity logged at a MET level of 6.5 or higher will earn 2.5 Moderate Intensity Equivalent (MIE) minutes of exercise.*

Below are some examples of the maximum and minimum MET values for each Exercise Type assigned in the portal:

EXERCISE Type	Min METS	Max METS
General Exercise	3.0	5.3
Walking	2.8	5.3
Running	8.0	14.0
Class: Cardio/XFit/Dance	4.0	7.8
Strength Training	3.5	6.0
Outdoor Cycling	3.5	14.0
Elliptical Workout	3.5	7.8
Indoor	3.5	11.0
Yoga, Stretching or Pilates	2.5	4.0
HIIT	6.0	12.0
Functional Training	4.3	11.0
Cross Training	3.5	7.8
Machine Row	4.8	12.0
Stepmill/Stair-Climbing	6.0	12.0
Martial Arts	3.5	7.8
Swimming	5.8	13.8
Arm Ergometer	2.8	4.3

March Mayhem Program Guide for Participants 2023

More About Logging Minutes:

- It may take up to 24 hours for data to sync from a connected wearable device or app.
- Newly entered or synced data updates every hour on the hour.
- There is a limit to how far back in time you can log minutes of exercise. Minutes can *only* be entered or synced for dates with the plus sign in the upper right corner of the log page.
- Be honest when entering your minutes as your data may be monitored or audited.
- Points will be earned based on the total number of minutes accumulated and the intensity level.
- The number of accumulated minutes of activity and the intensity level will be divided by 10 to calculate the number of points earned for the day.
- There is no limit to the number of points a participant can accumulate in one day.

How are calories calculated in the [MHF Wellness portal](#)?

Let's go back to the definition of a MET - 1 MET equals 1ml of O₂/kg of bodyweight/minute.

Therefore, calories are estimated based on the MET level, your bodyweight (in kilograms) and exercise duration. So be sure to enter your weight into the portal!

One note of caution if you are syncing apps, there are several industry standard formulas used to estimate energy expenditure or calories. Each application could use a different formula. In addition, the user of the app or program enters biometrics, or doesn't, which influences the formula and output. It is not uncommon for there to be up to a 500 calorie difference or more between apps and programs.

March Mayhem Program Guide for Participants 2023

Challenge Billboard

The screenshot displays the 'Challenge Billboard' interface. On the left, under 'IMPORTANT INFORMATION', there is a banner for the 'Minutes Challenge' with the text 'WELLNESS IS BETTER TOGETHER'. Below the banner, a table provides details: 'Began' (Today), 'Ends' (March 28, 2022), 'Length' (5 weeks), and 'Type' (MIE Minutes). A 'Rules and Guidelines' button is located below the table. On the right, under 'CURRENT CHAMPIONS', the 'Team Arena' is shown, updated 10 mins ago. It features three team cards: 'The Little Falls's' (20), 'Payroll Patrol' (28), and 'Lunch Group All Stars' (0). Below the champions, a 'COMMENTS' section includes a text input field, a 'Post Comment' button, and a list of recent comments from users like Gamma.

Features under the Challenge Billboard tab:

- The left side of the challenge billboard allows you to review the rules and guidelines of the challenge and reminds you of important challenge dates.
- The right side, it shows the “current champion” under the Team Arena view. This gives you access to on the hour current standing amongst teams.
- Below that, you can add comments for all participants to see. Friendly trash talking is optional.

March Mayhem Program Guide for Participants 2023

Team Arena

The screenshot shows the 'Team Arena' tab in the Millennium Health & Fitness app. The interface is divided into several sections:

- Challenge Billboard:** Includes 'Team Arena', 'Players Club', and 'Locker Room'.
- TEAM ARENA RANKINGS:** A table with columns for Rank, Team, and Average MIE Minutes Per Player.
- PLAY:** Includes buttons for 'Log My MIE Minutes' and 'Add App Connection'.
- MY TEAM STATISTICS AND GOALS:** Includes an 'OVERVIEW' dropdown and a profile card for 'Test'.
- OTHER TEAM STATISTICS:** Includes an 'OVERVIEW' dropdown and a profile card for 'Three Musketeers'.

Features under the Team Arena tab:

- The left side of the Team Arena tab, you will have access to on the hour team statistics.
- The right side of the Team Arena tab, you can access your exercise log to add exercise.
- Below that you can review your team statistics and goals.
- The next level down, you can look at other team statistics.

March Mayhem Program Guide for Participants 2023

Players Club

The screenshot displays the Millennium Players Club interface. At the top, there are navigation tabs: Challenge Billboard, Team Arena, Players Club (selected), and Locker Room. The main content area is divided into three sections:

- PLAYERS CLUB RANKINGS:** A table with columns for Rank, Player, Team, and Total MIE Minutes. The table is currently empty.
- PLAYER STATISTICS:** A section for selecting a player. The selected player is 'onion' from the 'Payroll Patrol' team. The statistics shown are: Total MIE Minutes: 78, and Players Club Rank: 1.
- PLAY / MY STATISTICS AND GOALS:** A section for personal statistics and goals. It includes a 'PLAY' button, a 'Log My MIE Minutes' button, and an 'Add App Connection' button. Below this is a 'MY STATISTICS AND GOALS' section with an 'OVERVIEW' dropdown menu. The statistics shown are: Team Captains, Total MIE Minutes, Days Into Challenge (0), and Challenge Runs For (5 weeks).

Features under the Players Club tab:

- The left side of the screen, you have access to on the hour player statistics.
- Below that, you will see other players' statistics.
- The right side of the screen, you will see your own statistics and goals.

March Mayhem Program Guide for Participants 2023

Locker Room

The screenshot shows the 'Locker Room' tab selected in the Millennium Health & Fitness app. The interface is divided into four main sections:

- TEST BULLETIN BOARD:** A section with a red header 'WELLNESS IS BETTER TOGETHER' and a sub-header 'TEST BULLETIN BOARD'. It contains a text input field for 'ADD BULLETIN' with the placeholder 'Type a bulletin message...'. Below the input is a 'Share' button and a note 'Maximum 1,000 characters'.
- LOCKER ROOM RANKINGS:** A table with the following data:

Rank	Player	Total MIE Minutes	Players Club Rank
1	WellnessGuRu	0	3
- MY TEAM INFORMATION:** A section with a sub-header 'MY TEAM INFORMATION' and a team icon 'A'. It lists:
 - Name: Test
 - Slogan: Test
 - Team Captains
 - Average MIE Minutes Per Player
- MY TEAM:** A table with the following data:

Player	My Ally	Team Captain
Kels	Me	✓
WellnessGuRu	✓	✓

Features under the Locker Room tab:

- On the left side of the screen, you can send private chats to interact and motivate your teams.
- On the right side of the screen, you can view your team's activity minutes and rankings.

March Mayhem Program Guide for Participants 2023

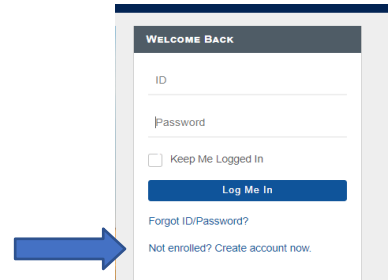
How to Create an MHF Wellness Portal Account

Step 1: Go to

<https://www.mhfwellnessportal.com/>

Note: use google chrome

OR SCAN the QR Code below:



Step 2: Click “Not enrolled? Create account now.”

Step 3: Fill out information.

Note: Location: Defense Finance Accounting

Services Unit: DFAS

Enrollment code: scroll through and find your location.



MEI
MILLENNIUM health & fitness

WELCOME TO MEI WELLNESS ACCOUNT CREATION

Enter the following information to create a new account.

Name

First Name

Last Name

Categories

Location

Unit

Enrollment code

Preferred Date of Birth

Step 4: Under the Credentials section, fill in the ID and password with what you would like your ID and password to be.

Credentials

ID

Password

Re-enter Password

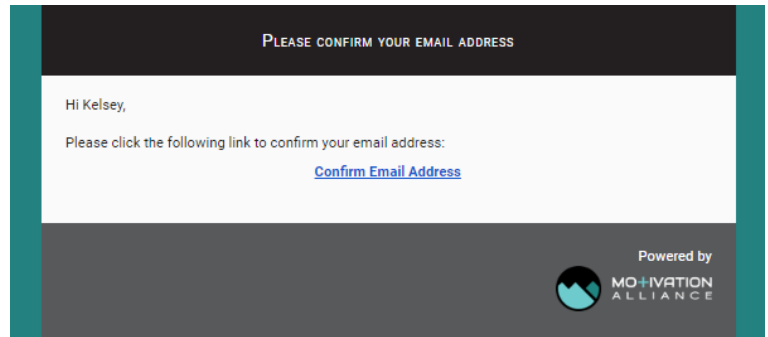
✓ Create Account

March Mayhem Program Guide for Participants 2023

Step 5: Check email to confirm email address.

Step 6: From within your email, right click the hyperlink [Confirm Email Address](#)

Step 7: Select Copy link address.



Step 8: Paste in a word document and delete caution (**paste using the Keep Text Only (T) option**)

Step 9: Copy and paste the URL back in google chrome to confirm account.