



## Virtual Youth Olympics 2020

### Health & Spiritual Challenge

We are sure you have been seeing the news about the spread of COVID-19. At times like this, the health and safety of our youth, young adults, and leaders is — as always — the most important thing to us. We are doing everything we can to keep our conference youth involved, active, and safe so that we are here for you if you need us, no matter what.

Therefore, this year we will not be able to have our annual Youth Olympic Games as in previous occasions due to the COVID-19 situation. But this is not a reason to not exercise and take care of our bodies.

#### Description:

The Youth Olympics this year will be a 31-day Health & Spiritual Challenge. Each day will have different activities for you to participate, activities that will help you get moving and fit physically, mentally, and spiritually. It will consist of applying the 8 Natural Remedies:

- **Nutrition:** What we eat is important.
- **Exercise:** Walking, running, cycling and other forms of exercise, allows our bodies to do what they were made for.
- **Water:** Water gives us life. It is the source of healing, energy, and cleansing.
- **Sunlight:** Sunlight brings many health benefits when we enjoy it in moderation.
- **Temperance:** Temperance means more than just moderation.
- **Air:** Fresh air is a key element for optimum health!
- **Rest:** Our bodies need rest in order to function well.
- **Trust in God:** God has good plans for us, and that includes our health.

Every day you will be required to log your activities online via Google Classroom and get points to win prizes for you and for your church youth group.

**\*You will receive the access code for Google Classroom once you register at [www.pcayouth.com](http://www.pcayouth.com) & [www.njcyouth.com](http://www.njcyouth.com) \***

#### Purpose:

The purpose for this 31-day Health & Spiritual Challenge is to motivate you to be more active physically and spiritually. Also, help you develop and strengthen new and healthier habits. Concerning the spiritual aspect, we encourage you to read every day one chapter of the book of Proverbs and share what you have learned from the reading.

#### Who Is This For:

The Virtual Youth Olympics: 31-day Health & Spiritual Challenge is for youth of all ages. Everyone from 0 to 99 years old is welcome to register and participate.



**Dates:**

The Virtual Youth Olympics: 31-day Health & Spiritual Challenge will be from August 1 - 31, 2020.

**Location:**

The site for our Youth Olympics will be virtually and at your home, backyard, or park close to where you live. We will be virtually meeting and giving points through Google Classroom.

**Cost:**

The registration is **FREE**, but hurry since deadline to register is Friday, July 31 at midnight.

**Registration:**

Each person who wants to participate in the Virtual Youth Olympics: 31-day Health & Spiritual Challenge must register. Make sure to write your home address so we can send you your prize!

To facilitate the registration process, the form is online:

- **Registration Link:** Visit <https://virtualyoutholympics2020.eventbrite.com> to register through Eventbrite. There is only individual registration. Remember that a registration form must be filled out completely for each person.

**The final deadline for registration is July 31<sup>st</sup>.**

**Programming:**

The Virtual Youth Olympics: 31-day Health & Spiritual Challenge program is in place. Once you register you will receive:

1. The calendar of activities for each day.
2. The access code for the Google Classroom where you will log your daily completed activities.
3. Every day you will receive an email to remind you of the Health and Spiritual activity for the day as well a link to log your completed activities.
4. Each day you will see in our youth department social media platforms (Facebook, Instagram, and YouTube) descriptions of the exercises and spiritual activities. Make sure to follow them!

**Potomac Conference**

- a. Facebook: @PCAdventistYouth
- b. Instagram: @PCAYouth
- c. YouTube: Potomac Conference Youth Ministry

**New Jersey Conference**

- a. Facebook: [@NJCYouthOfficial](#)
- b. Instagram: [NJCYouthOfficial](#)
- c. YouTube: [NJC Youth](#)

5. Every day you must read one chapter of the book of Proverbs and write (post) what you have learned on any of your social media platforms with the hashtag #PCAYouthHealth(Potomac) #NJCYouthHealth (NJC).
6. As you follow the calendar of activities, feel free to use the exercise app that you feel most comfortable with (e.g. Strava, Fitbit, Nike Run, etc.). **You will need it if you want to receive extra points!**



**How to Earn Points:**

Below are the number of points possible to gain throughout the 31 days:

Challenges	Points Per Day	Total Possible Points
<b>Spiritual Challenge:</b> Proverbs Chapter reflection on what you have learned.	10	310
<b>Bonus Points:</b> Post to your social media accounts your reflection using #PCAYouthHealth or #NJCYouthHealth and upload your screenshot.	15	465
<b>Physical/Health/Mental Challenge:</b> Complete exercise, health, (or spiritual activity for Sabbaths) for the day.	3 small challenges per day x 10 points each = 30 points	930
<b>Bonus Points:</b> Screenshot of your own workout from a health/fitness app (e.g. Fitbit, Strava, Nike Run Club, etc.)	15	390
<b>Total Possible Points (including bonus points)</b>		<b>2,095</b>

These points will only be calculated based on what you upload or submit through Google Classroom. A class code will be given to you to enter the Google Classroom once you have registered.

**How to Join the Google Classroom:**

Once you have the access class code, follow the instructions below:

1. Go to [classroom.google.com](https://classroom.google.com).
2. At the top, click the plus sign, then **Join class**.
3. Enter the class code given to you at registration time and click **Join**.



**Prizes:**

There will be 3 types of prizes: **Individual**, **Surprise** and for the **Local Church Youth Ministry Department**. For the Local Church Youth Ministry Department, you do not have to do anything extra. Your daily individual activities will count towards the Local Church Youth Ministry Department. Therefore, it is important for you to contact your youth leader and let them know that you will participate in this Health & Spiritual Challenge. The youth leader must know and create a list of all the people who have registered from their church because the Local Church will win as a collective group from all the people who have registered under the same church. The church who has more points (per capita) will win. Therefore, it does not matter if your church is small or big, you all have a chance! You can win both individual and local church prizes.

- **Individual:** 2 winners for each division will be chosen (1 Male and 1 Female) and each will receive a gift card. Children (5-10) Youth (11-18) Young adult (19-35) Adult (36 +). First person in their age category that completes all the challenges and receives the highest points will be the winner.
  - 1<sup>st</sup> Place - \$100 gift card
  - 2<sup>nd</sup> Place - \$50 gift card
  - 3<sup>rd</sup> Place - \$25 gift card
- **Local Church Youth Ministry Department:** The winning church youth ministry will receive a check to be used for any event, project, Potomac Conference AYM event fees, etc. that is organized or supported by the local church youth ministry department.
  - 1<sup>st</sup> Place - \$200
  - 2<sup>nd</sup> Place - \$100
  - 3<sup>rd</sup> Place - \$50
- **Surprise Prizes:** Additional challenges and prizes will be given throughout each week. So, follow PCAYouth or NJCYouthofficial on Instagram or Facebook: Potomac Conference Youth Ministries and New Jersey Conference Youth Ministries for those pop-up challenges!

**Contact Information:**

Our desire is to assist you in working with the youth, so don't hesitate in contacting us at the Department for Youth Ministries. You can do it by calling us at:  
Potomac: 540-886-0771, or by e-mail at josebjr@pcsda.org. Our fax number is 540-886-5734.  
New Jersey: 609-802-0879 or by e-mail at youth@njcsda.org.

**May God bless you.**

Pr. José A. (Josant) Barrientos Jr.  
Youth and Young Adults Ministries Director

Pr. Eliasib Fajardo  
Youth Director NJC Conference