

UPEI POSITUDES CHALLENGE

The **UPEI POSITUDES CHALLENGE** is an eight-week team building challenge for UPEI students, faculty, and staff.

Participants engage in various weekly activities to fill the four 'chambers' of our heart.

Teams collect points each week by participating in activities. The goal is to fill your heart and take care of yourself.

THE FOUR CHAMBER THEMES INCLUDE:



ACTIVITIES INCLUDE:

- ♥ **WALK ACROSS CANADA**
Track your kms or steps for the duration of Challenge
7,821 kms (10.3 million steps)
- ♥ **PANTHER CUP CHALLENGE**
A one-hour team activity event with physical/mental/teamwork activities
- ♥ **LUNCH N' LEARNS**
Topics include sleep, water, meditation, nutrition
- ♥ **RANDOM ACTS OF KINDNESS AND THANKS**
- ♥ **MINDFULNESS ACTIVITIES**

BENEFITS OF PROGRAM:

By joining this program, each participant will receive the following:

- ♥ **FREE ACCESS TO THE SPORTS CENTRE WALKING TRACK**
from January 15 – March 11, 2018
- ♥ **TEAM-BUILDING ACTIVITIES**
- ♥ **WEEKLY TEAM-BASED PRIZE DRAWS**
- ♥ **INFORMATIVE PRESENTATIONS**
- ♥ **HEALTH BENEFITS!**

CHALLENGE DATES: Monday, January 15 to Sunday, March 11, 2018

The Challenge program is brought to you by the UPEI Healthy Campus Committee

Please complete and return to Angela Marchbank at amarchbank@upei.ca or office #205 Chi-Wan Young Sports Centre.

REGISTRATION DEADLINE—THURSDAY, JANUARY 11, 2018

TEAM NAME _____

TEAM PARTICIPANTS (PLEASE PRINT)

1. _____ CAMPUS CARD ID # _____ EMAIL: _____

2. _____ CAMPUS CARD ID # _____ EMAIL: _____

3. _____ CAMPUS CARD ID # _____ EMAIL: _____

4. _____ CAMPUS CARD ID # _____ EMAIL: _____

5. _____ CAMPUS CARD ID # _____ EMAIL: _____

6. _____ CAMPUS CARD ID # _____ EMAIL: _____

TEAM CAPTAIN

More details on dates/topics will be provided in January to registered teams.