

# UPEI Healthy Activity Challenge

The Healthy Activity Challenge at UPEI is an opportunity for you and a group of co-workers to participate in a fun eight week physical activity challenge. It's simple, just record the number of minutes you are active daily. Your team captain will submit team members minutes of physical activity weekly.

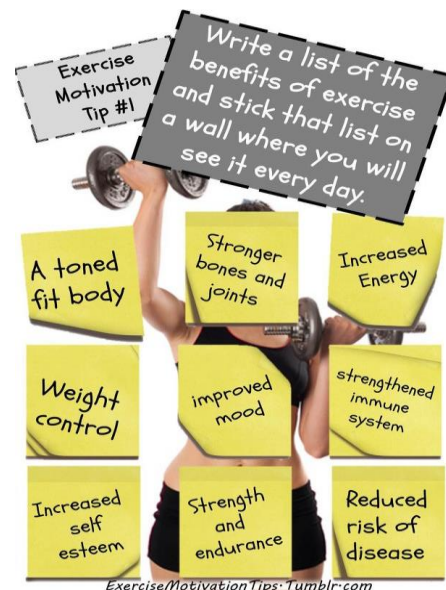
**Challenge Dates:** Monday, January 28 – Sunday, March 24, 2019

For UPEI students, faculty and staff only!

## Benefits of Program

By joining this program each participant will receive the following:

- FREE access to the Sports Centre walking track from January 28 – March 24, 2019
- Prize draw will be held after week four and eight.
- We'll have a couple of group activities throughout the challenge; ie. Noontime volleyball games, dodgeball, meditation, etc.
- **YOUR Health!!**



**Believe that you can succeed and you will!!!**

### Team Registration Form:

**Team Name:** \_\_\_\_\_

Team Participants (please print):

- |    |       |                       |                                      |
|----|-------|-----------------------|--------------------------------------|
| 1. | _____ | Campus Card ID# _____ | E-mail: _____                        |
| 2. | _____ | Campus Card ID# _____ | E-mail: _____                        |
| 3. | _____ | Campus Card ID# _____ | E-mail: _____                        |
| 4. | _____ | Campus Card ID# _____ | E-mail: _____                        |
| 5. | _____ | Campus Card ID# _____ | E-mail: _____                        |
| 6. | _____ | Campus Card ID# _____ | <b>Team Captain</b><br>E-mail: _____ |

Please complete and return to Angela Marchbank at [amarchbank@upei.ca](mailto:amarchbank@upei.ca) or office #205 Sports Centre

**Registration Deadline – Thursday, January 24, 2019**

*The Challenge program is brought to you by the UPEI Healthy Campus Committee in partnership with UPEI Athletics & Recreation.*