



UPEI Healthy Activity Challenge

Believe that you can succeed and you will!

The Healthy Activity Challenge at UPEI is an opportunity for you and a group of your co-workers to participate in a fun 8-week physical activity challenge. It's simple, just record the number of minutes you are active daily. Your team captain will submit team minutes each week. This challenge takes place January 13-March 9, 2014.

Program benefits:

- FREE access to the Sports Centre walking track from January 13 – March 9, 2014.
- FREE access to the nine fitness classes per week offered by Athletics and Recreation. The classes include Zumba, Bosu, Cardio & Core, Pilates on the Bosu, Stretched, Centered & Balanced, Kettlebells, Integrated Strength & Movement, and Athletic Strength Circuit.
- Weekly draws (participants will receive one ballot for every 225 minutes of physical activity)
- **YOUR Health**

“The best time to start was yesterday. The next best time is NOW!”

This Challenge program is brought to you by the UPEI Healthy Campus Committee in partnership with UPEI Athletics and Recreation.

Team Registration Form

Team Name: _____

Team Participants (please print):

1. _____ Campus Card ID# _____
2. _____ Campus Card ID# _____
3. _____ Campus Card ID# _____
4. _____ Campus Card ID# _____
5. _____ Campus Card ID# _____
6. _____ Campus Card ID# _____ **Team Captain**

Please send completed form to Angela Marchbank at Sports Centre (amarchbank@upei.ca) by Friday, January 10.

It always seems impossible, until it is done!

Tips to help you get active!!!

- Choose a variety of physical activities you enjoy.
- Get in a routine
- Limit the time you spend watching TV or sitting in front of a computer during your leisure time
- Move yourself --- use active transportation to get places. Whenever you can walk, bike or run instead of taking the car
- Exercise with a friend

