



2017 County Wide Fitness Challenge

Welcome to the 2017 community wide fitness challenge. These six weeks of fun are designed to motivate us to be more active and therefore healthier people.

The challenge starts on Monday April 17th and ends on Sunday, May 28th.

A celebration party will be held on June 1st in conjunction with Vulcan Recreation's first day of summer event. After a walk to the rodeo grounds, winners will be announced and we will celebrate our success. Watch for more details.

Instructions:

- Teams will consist of 4 individuals. If you do not have a team of 4 you can still register and we will put you on a team.
- Please fill out the forms in this package and return them with your payment. Registration is \$40 per team (\$10.00 per person) and cheques must be made payable to the Vulcan County Health and Wellness.
- The Registration deadline is March 30th. Mass registration will be at the Vulcan Business Development Office on Thursday March 30th between 4:00 pm and 6 pm. If you plan on participating in the weight loss portion of the program you must weigh in to establish a starting point.
- Registration forms and fees can also be turned in at the following locations any time before March 30th:
 - Vulcan County Health and Wellness located in the Vulcan Business Development Office, 110 1st Ave S., Vulcan, AB T0L 2B0.
 - Bonnie Ellis, Vulcan Recreation Office, Town of Vulcan Office.
 - Kari Thiessen, Vulcan Hospital
- **The point system**

All Participants

30 minutes of physical activity at a moderate intensity = 10 points

Remember: Any 30 minutes of **consecutive activity** outside of work. Students can include school activities.

There is no limit on how many points you can earn each day or week.

The Categories

We will have the four categories this year the same as last year but there is a twist. Everyone except the students group will go into the same category to start. After the third week (May 8th) groups will evenly be put into the MILD , MODERATE AND VIRGOROUS categories by how many points they have to date. This will eliminate the issue of everyone signing up for the Moderate and very few in the other two.

Bonus Points

- 10 bonus points can be earned by getting caught by the secret watch dog being physically active while wearing your T-shirt. Secret watch dogs are volunteers in the community on different days watching for participants wearing their T-shirts and exercising. **There will be more Watch dogs out there this year!**
- **NEW! 150th Centennial Participation tie-in for this year.** We want to encourage participation in the 150 activities. Below is the list link. 10 bonus points for each new one you try in the six week challenge. We also would like pictures posted on the Facebook page.
https://www.participaction.com/sites/default/files/downloads/ParticipACTION%20150%20Play%20List%20-%20Full%20list_EN.pdf
- We will have at least three 5K walk/runs throughout the community each person that participates will get 30 bonus points (we have increased this from 10 points to 30 points).
- There will be a 50 point bonus for each person that signs up for the TINMAN their website is www.vulcantinman.ca. This year they have ½ Tin, a great way to start participating and it is on June 4th.
- **NEW! Mother's Day Walk/Run** on May 13th. 50 point bonus for each person that signs up for this fundraising event for the Foundation.

The Healthy Choice Weekly option is announced every week, if you follow the nutritional advice this will be beneficial to your total fitness throughout the challenge. No bonus points this year for this, just healthier options.

If you choose to go into the weight loss extra challenge you will have to come to the office at the Vulcan Business Development Building to on or before April 17th to establish a starting point and when the challenge is over another weigh in. There will be prizes at the end for the most weigh loss.

Keep track of your own points and report them to your team captain at the end of each week. The week runs from Monday to Sunday.

Team captains need to report team points to Deb Hartung (email is vulcanfitness@gmail.com) by midnight on the Wednesday after each week of the challenge in order to be counted. So for example, week one points need to be reported by midnight on April 26th in order to be counted and so on.

IF YOU DON'T REPORT YOUR POINTS ON TIME, THEY WILL NOT BE RECORDED.

- **Talk to your family physician before starting any diet or exercise program.**
- **The fitness Challenge is to promote extra effort from your daily routine, so keep in mind 30 minutes of consecutive exercise outside your work or school.**
- Please fill out your t-shirt size on your registration. You will receive your t-shirt at, or shortly after, the start date.

**Any questions throughout the fitness challenge can be emailed to
Deb Hartung at vchw.foundation@gmail.com or call (403-485-3147)
(Deb works part time and will return your emails and calls when she is in her office.)**