



Points and bonus points for the 2025 Vulcan County Wide Wellness Challenge

As you have no doubt guessed by now, the Vulcan County Wellness Challenge Committee has been finding ways to be creative.

This Challenge incorporates the eight dimensions of wellness. So based on these items, here is the structure for which you can claim Bonus Points in this year's Challenge.

Each team captain is responsible for posting the team points for the week. Individual participants will post their own points weekly. Please post your points by noon of the following Monday – it just makes it much easier to keep everything accurate and up to date.

Posting points is very easy. You can submit points by clicking on this link <https://forms.gle/oKcP7V5PKESkobn16> which will take you to a google form document or you can email your weekly points total to vcwellnesschallenge@gmail.com. Please include your name and/or team name. We ask that points be submitted by noon of the following Monday. It just makes it so much easier for our volunteers collating points.

Points, for every 30 minutes of physical activity, you can collect 10 points. This does not have to be limited to exercise. If you are gardening or painting your house, you are physically active. You know your body, its strengths and limitations, best. Moderate levels of activity will vary from person to person; you are encouraged to gently stretch your horizons while being very mindful of avoiding injury!

All of the items listed below are worth **10 Bonus Points**, and PLEASE, include your **Team Name and ensure you are wearing your T-Shirt**.

ALL PARTICIPANTS:

25 Point Activities

- Participate in Challenge sponsored activities such as walks, runs, speaker sessions, and scavenger hunts. If you bring a non-registered person with you, earn another 10 points.
- Download the Historical Society's "On the Spot" app (go to PlayStore or Apple Store and search for On the Spot!). Use the app for a walking tour of any community on the app and earn another 10 points.
- Volunteer for the Tin Man, Golf Classic or Spock Days
- Walk a senior, volunteer to walk with a senior on Wednesdays. Senior must reside in the Long term care, Extendicare or the Peter Dawson Lodge
- Express gratitude to at least three of our wonderful sponsors, either verbally or in writing, during Challenge Month. Sponsors' names can be found on the back of the T-shirt or on the website <https://www.vchwfoundation.com/county-wide-fitness-challenge/>

10 Point Activities

Please note that we encourage you to do many of these activities regularly, but we ask you to limit claiming points for each activity to once per week. For example, even though you are preparing nutritious meals regularly, please only claim for 1 meal each week. We also encourage you to post pictures on our FB page of any or all of your activities.

- Prepare and share a nutritious meal.

- Take a trash bag and gloves on a walk, and help to keep our environment clean.
- Check out and read a book from your local library on any topic related to health and wellness.
- Sit quietly for half an hour, with no technology, and read, meditate, daydream, or participate in a favourite hobby, without feeling guilty for not working on your lengthy to-do list.
- Sign up for a library membership.
- Remove all technology from your bedroom, and enjoy reading before sleep.
- Learn a new skill or new information.
- Invite a neighbour or acquaintance to join you on a walk or to come over to your house for a visit.
- Communicate with a person you think of often, but do not have regular contact with.
- Perform a “good deed” for another person or group in the community. Award yourself 10 extra points if you can do it anonymously.

5 Point Activity

- There will be community watchdogs out at various times and in various places watching for Challenge participants being active while **wearing their highly recognizable Challenge T-shirts**. Earn 5 points for every time you are spotted by our “secret spies”!

1 Point Activity

- Earn one point for each time you take your dog for a walk.

Kids’ Category

10 Point Activities

- Be physically active for 30 minutes.
- Write a thank you note, and send it to one of our wonderful sponsors. Sponsors are listed on the back of the T-shirt as well as on the website

<https://www.vchwfoundation.com/county-wide-fitness-challenge/>
- Complete a set of the 8 Dimensions of Wellness cards found in your wellness bag. Please complete them with a picture or description of each dimension, and return them to the Foundation office in the Vulcan Health Centre (hospital).
- Read a book before bed, instead of using technology.
- Write a letter or card to a senior in our County, or to any senior that you know.

Additional 10 Point Activities

These activities are all good habits to develop. Even though they are good to practice daily, please claim your points only once per week. For example, eating carrots and broccoli at lunch and supper is an excellent idea, but please only claim 10 points for veggie eating per week.

- Draw fun pictures or games with the sidewalk chalk provided in your registration package.
- Play at a playground.
- Eat an extra serving of veggies.
- Call or FaceTime with grandparents or other family members.
- Check out a book from the library, and read it.
- Set a regular time for bed, and stick to it.
- Read a book before bed, instead of using technology.
- Make your bed every day.
- Perform a good deed for someone. Give yourself 10 extra points if you can do it anonymously (ask an adult what that means!).
- Cook a recipe for your family. A cookbook for kids is available at

www.vchwfoundation.com

Look on the right sidebar, under Resources.

- Play music and sing and dance.

Seniors' Category

10 Point Activities

- Read a book, or listen to an audiobook.
- Draw or colour pictures.
- Spend time outside watching birds and nature, relaxing or gardening. Don't forget your sunscreen!
- Play a game. Take 10 bonus points for inviting someone to join you.
- Participate in the Recreation programs available.
- Play some music, and dance or chair dance.
- Perform a random act of kindness for another person. Award yourself 10 extra points if you can do it anonymously!
- Communicate with kids, grandkids or extended family.
- Try a new hobby.
- Write a letter or card to an important person in your life.

Finally – where do you go for further information and updates? Good question and the answers are:

- <https://www.vchwfoundation.com/county-wide-fitness-challenge/>
- <https://townofvulcan.ca/recreation>
- Facebook: Vulcan County Wide Wellness Challenge
- Facebook: Town of Vulcan Recreation Department
- VCHWF phone number: 403-485-4001
- Recreation Department phone number: 403-495-2990
- @VCHWF
- @Vulcanrec

Have a great time with the Challenge. Enjoy all of your Challenge activities, and congratulate yourself for being proactive with all health and wellness facets. Yay you!