

# ACTIVE LIVING CHALLENGE 2017



Welcome to the Annual Active Living Challenge. Get a group of four together and join the Active Living Challenge for 3 weeks of motivational fun to be more active and healthy.

Challenge runs from Sunday, **June 4<sup>th</sup>** – **Saturday June 24<sup>th</sup>**.

Winning team that accumulates the most points wins Gift Certificates to our local gyms plus a gift certificate to Crazy Kayaks and Retail.

Registration \$2 per person. **Registration Deadline is June 2, 2017** at the Recreation Office.

#### Challenge Instructions:

- ✧ TEAMS will consist of 4 individuals- any age may participate
- ✧ If you do not have a team of 4, you can still register and we will do our best to place you on a team.
- ✧ Registration is \$8.00/team or \$2/person (payment can be made at the Recreation Office- accepted payments include credit cards, debit card, cash or cheques (made payable to Town of Pincher Creek)
- ✧ Complete the forms in this package and return (with your payment) to the Recreation Office on 895 Main Street (Swimming Pool) between the hours 8 am – 4 p.m. (Mon – Fri).
- ✧ Additional forms can be obtained on [www.pinchercreek150.ca](http://www.pinchercreek150.ca)

Point System: Points are based on the amount of your activity, and you are encouraged to be physically active at your own level. Points can be earned 4 ways:

- ♥ **Physical activity points**
- ♥ **Wellness points**
- ♥ **Bonus points**
- ♥ **Kilometers walked**

Details regarding the points system are outlined on the “Point System” page.

Each member of the team will keep track of their own points on the “Personal Score Card” and report the points earned to the team captain at the end of the Activity Living Challenge. It is the team captain’s responsibility to submit the team’s points earned for the Active Living Challenge.

More Information: Recreation Office, 895 Main Street (Pool Lobby) 403-627-4322 or email [rec@pinchercreek.ca](mailto:rec@pinchercreek.ca). Additional forms on [www.pinchercreek150.ca](http://www.pinchercreek150.ca).

## POINT SYSTEM

### Earning Physical Activity (PA) Points:

Adults (ages 18 years and older); **15 minutes** of physical activity = **5 points** (daily maximum of 20 points)

Children (up to 17 years): **30 minutes** of physical activity = **5 points** (daily maximum of 20 points)

**A maximum of 20 points per day per team member**

### Earning Wellness Points (WP)

Each item from the list below is worth **5 Wellness Points** (WP) per day:



- ✧ TV/Gaming – “I did not watch any TV or phone games today”
- ✧ Homemade Meal – “I ate 2 homemade meals today”
- ✧ Alcohol/Pop/Tobacco – “I did not have alcohol, pop or tobacco today”
- ✧ Water – “I drank at least 6 cups (48 oz) of water today”. (Children: 3 cups of water)
- ✧ Vegetables/Fruit- “I ate seven servings of vegetables and/or fruit today” See Canada’s Food Guide for recommended servings and sizes. <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>
- ✧ A Good Night’s Sleep – “In my opinion, I had a good night’s sleep last night”
- ✧ Self-care activity – “I spent one hour for myself today” (for example, reading, writing, hobby, meditate, alone time, does not include catching up on social media, e-mails etc).
- ✧ Sun Protection – “I protected myself outside from the UV rays by either using sunscreen, wearing a hat, sunglasses or wearing long sleeves”.
- ✧ 3 meals a day- “I ate breakfast, lunch and supper today”

**A maximum of 40 points per day per team member**

### EARNING BONUS POINTS

You can earn **5 Bonus Points** per activity per week by:

- ✧ Advertising the Active Living Challenge 2017 on your personal Facebook page
- ✧ Posting a “selfie” of yourself in the act of a Physical Activity or Wellness activity on your personal Facebook page.
- ✧ Find or look for “Sprint” in the Find Sprint Challenge – clues to be given through Town of Pincher Creek Facebook.
- ✧ Complete the “Be Active Quiz” [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca) (go to search box and type in Be Active Quiz). You can only do this once during the challenge.
- ✧ Mentioning to 5 friends (not in the challenge) you are doing the Active Living Challenge 2017, must be different friends each week.
- ✧ Dropping off or emailing a motivational quote to Rhonda at the Recreation Office. Can be for physical activity or wellness. Email - [rec@pinchercreek.ca](mailto:rec@pinchercreek.ca)  
(A total of 25 possible bonus points per week!)

**1 POINT FOR EVERY KILOMETER (1640 STEPS).** Pedometers available at the Recreation Office when registering.

20 points will be awarded by the Recreation Department to the team with the **best team name**.



## PERSONAL SCORE CARD

Hand in to team leader on June 26<sup>th</sup>.  
Return to Recreation Office by June 30<sup>th</sup>.

Name \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Physical Activity							
Wellness Points							
Kilometers (1640 steps/KM)							
Bonus Points							
<b>TOTAL</b>							

**TOTAL FOR WEEK 1** \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Physical Activity							
Wellness Points							
Kilometers (1640 steps/KM)							
Bonus Points							
<b>TOTAL</b>							

**TOTAL FOR WEEK 2** \_\_\_\_\_

Name \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Physical Activity							
Wellness Points							
Kilometers (1640 steps/KM)							
Bonus Points							
TOTAL							

TOTAL FOR WEEK 3 \_\_\_\_\_

TOTAL POINTS FOR ACTIVE LIVING CHALLENGE \_\_\_\_\_

### TEAM CAPTAINS SCORE SHEET

NAME	Total Points
1.	
2.	
3.	
4.	

Total Team Points \_\_\_\_\_

# ACTIVE LIVING CHALLENGE 2017: TEAM ENTRY FORM

Return to Recreation Office (in Pool lobby) by 4:00 pm on June 2<sup>nd</sup>  
with \$2/member entry fee's

TEAM NAME: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

## 4 Team Members:

### Names

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

