

FREE
ONLINE
EVENT!



May 29th to June 19th

The Spring Into Action Activity Challenge is a way for Guelph and surrounding area residents to improve their mental and physical health, especially during these difficult times. To adapt to the current situation around COVID-19, the kick-off will now be a virtual event and the daily/weekly activity challenges have been updated to ensure individuals can still participate from home and maintain physical distancing.

What is the FHT to Move Activity Challenge?

The Guelph Family Health Team is partnering with the YMCA-YWCA of Guelph for a 3-week, friendly competition with the intent of encouraging local businesses, organizations, groups and individuals to be more active and lead a healthier lifestyle.

Last year, over 40 Guelph based teams and more than 600 participants joined the Activity Challenge.

How does it work?

During the 3-week challenge, participants log their daily minutes of activity using the NEW online Activity Tracker Tool at: guelphactivitychallenge.com. These minutes contribute to the team's total score. Participants can earn activity minutes in a variety of ways such as *running, walking, cycling, weight lifting, yoga, meditation, etc.*

All participants are eligible for weekly prize draws. At the end of the 3 weeks, there will be a grand prize for the winning team with the highest total score. As well as a prize for the 2nd place team and an award given to the team that shows the most Team Spirit throughout the entire event.

How do you earn extra points?

Teams can earn **BONUS** points by completing the **DAILY** challenges and **WEEKLY** video challenges (posted daily to your profile page on the website - we will no longer be sending them through email).

All completed challenges will need to be submitted to social media, following these steps:

- 1) Join the **FHT to Move Facebook Group**. Post your photos/videos there (**include your Team name in post**)
- 2) Post your photos/videos to **Twitter** using the hashtag **#FHTtoMOVE** (**include your Team name in post**)

How do I sign my organization up?

1. Select a Team Captain for your team. This individual will oversee the team's progress and needs to create the team by registering online at: guelphactivitychallenge.com
2. Each team member must then register online and join their team.

Questions?

Email: fhttomove@guelphfht.com



YMCA - YWCA of
Guelph