

FREE
ONLINE
EVENT!



Virtual Kick-off Event: Friday, September 17

Activity Challenge: Monday, September 20 to Friday, October 8

*The **JUMP into FALL 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 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?

A 3-week, friendly competition (presented by the Guelph Family Health Team) with the intent of encouraging community members, local businesses, organizations, and groups to be more active and lead a healthier lifestyle.

How does it work?

During the 3-week challenge, participants log their daily minutes of activity using the online Activity Tracker Tool at: [guelphactivitychallenge.com](https://www.guelphactivitychallenge.com). These minutes contribute to the team's total score, which is averaged to keep it fair for everyone, no matter the size of your team. Participants can earn activity minutes in a variety of ways such as *running, walking, cycling, weight lifting, yoga, meditation, etc.*

There are opportunities to win prizes throughout the challenge.

How do I register?

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](https://www.guelphactivitychallenge.com)
2. Each team member must then register online and join their team.

Questions? Visit the **FAQ page** on the website or email: FHTtoMOVE@guelphfht.com

