

**FREE
EVENT!**



IN-PERSON Kick-off Event at Riverside Park: Friday, September 16
Activity Challenge: Friday, September 16 to Friday, October 7

The **JUMP into FALL Activity Challenge** is a way for Guelph and surrounding area residents to improve their mental and physical health, especially during the last couple of years with the COVID-19 pandemic.

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. 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.*

NEW! To keep the competition friendly and fair some small changes have been made:

1. Only activity minutes done outside of regular work routines or one's regular job role should be counted towards an individual's daily activity minutes.
2. A limit has been set on the number of activity minutes an individual can enter each day. Each team member can enter up to **4 hours (240 minutes)** of activity per day.

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).

All completed challenges will need to be submitted by the Team Captain to social media, following 1 of these steps:

- 1) Post your photos/videos to the **FHT to Move Facebook Group** (include your **Team name in post**) Every team member is welcome to join the Facebook Group!
- 2) Post your photos/videos to **Twitter using the hashtag #FHTtoMOVE** (include your **Team name in post**)

For more info, download: [How to Submit Daily/Video Challenges Instructions](#)

Are there prizes?

Prizes will be awarded at the kick-off event, weekly during the challenge and at the end of 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
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

