



IN-PERSON KICK-OFF EVENT:
Friday, September 15 from 12pm - 2pm
at Riverside Park

ACTIVITY CHALLENGE:
Friday, September 15 (after Kick-off)
to Friday, October 6 (until midnight)

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 both physically and mentally.

What is the Kick-off Event?

The Activity Challenge kicks off with a free celebration event held at Riverside Park on Friday, September 15 starting at 12pm. There will be BBQ food, games and activities, Zumba, prizes and bonus points awarded! At the end of the Kick-off Event, you are able to start entering in activity points. **BONUS POINTS: 200 bonus points for each attendee + 50 bonus points if you bring a non-perishable food or personal hygiene item for donation to the North End Harvest Market.**

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.*

REMINDER: To keep the competition friendly and fair, the activity points limit is still in effect:

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 during the Activity Challenge?

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 Activity Challenge and at the end of the Activity Challenge.

How do I register?

Register for the Kick-off Event and Activity Challenge online at: www.guelphactivitychallenge.com

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

To register for the Kick-off Event: Each team member must select 'YES' or 'NO' to attending the Kick-off Event

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

