

2020 ASD-S Physical Activity Challenge

Welcome to our 7th annual district wide physical activity challenge! Would you like to participate? Here is what you need to know!

Who?: Our challenge is open to **all** (both teaching and non-teaching) staff of ASD-S.

What do I need to do?: **150 minutes of moderate-to-vigorous physical activity each week for the 5 weeks** of the challenge. Try to spread your activity out over multiple days and activity should be accumulated in bouts of 10 minutes or more. Activities can range from walking, swimming, snowshoeing, etc. Do anything that gets you moving! Keep track of the number of minutes on the calendar below or using an electronic method of your choice. If you complete a minimum of 150 minutes during each of the 5 weeks of the challenge and complete the final survey, your name will be entered in a draw to win a wellness **prize**. Surveys must be completed by Feb. 19.

When?: The challenge will run from **January 12- February 15, 2020**.

Why should you participate?: An important part of staying healthy is to be physically active. Exercise alone or organize a group to get together to keep you motivated. This year we also hope to offer some group activities and there will be prizes to be won 😊

How do I register?: Complete the registration link at: <https://forms.gle/Ynd3itVEye8AMBVF9>

Want more information?: Contact Kari Parsons at kari.parsons@nbed.nb.ca or check out these resources:

http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf

<http://www.participaction.com/blog/>

January 2020

| January 2020 | | | | | | | |
|------------------------|--------|---------|-----------|----------|--------|----------|---------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total minutes |
| | | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| 12 Challenge Begins | 13 | 14 | 15 | 16 | 17 | 18 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| 26 | 27 | 28 | 29 | 30 | 31 | | |

February 2020

| February 2020 | | | | | | | |
|---------------|--------|---------|--------------------------------------|----------|--------|---------------------------------------|---------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total minutes |
| | | | | | | 1 | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 Last day of the challenge | |
| 16 | 17 | 18 | 19 Surveys must be complete | 20 | 21 | 22 | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | |

