

8th Annual Physical Activity Challenge

MORE INFORMATION?

Contact Kari Parsons
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WHO?

Open to all staff (both teaching and non-teaching staff)

WHAT?

150 minutes of physical activity/week for each of the 5 weeks. Keep track of your minutes on the attached calendar or using a method of your choice. If you complete a minimum of 150 minutes during each of the 5 weeks and complete the final survey, you will be entered in a draw to win a prize. Surveys must be completed by Feb. 17. *Bonus- this year we will be having a Microsoft Team for individuals who'd like the chance to participate in bonus challenges and be entered to win a weekly prize!*

WHEN?

January 10th - February 13th, 2021

WHERE?

Complete your exercise wherever you like!

WHY?

Exercise is important to your physical and mental well-being. Plus it's fun and there are lots of awesome prizes to be won!

HOW DO I REGISTER?

[Click HERE!](#)