



## 2018 County Wide Fitness Challenge

Welcome to the 2018 community wide fitness challenge. These six weeks of fun are designed to motivate us to be more active and therefore healthier people.

**The challenge starts on Monday April 16th and ends on Sunday, May 27th.**

**A celebration party will be held on May 31st in conjunction with Vulcan Recreation's first day of summer event. After a walk to the rodeo grounds, winners will be announced and we will celebrate our success. Watch for more details.**

### Instructions:

- Teams will consist of 4 individuals. If you do not have a team of 4 you can still register and we will put you on a team.
- Please fill out the forms in this package and return them with your payment. Registration is \$40 per team (\$10.00 per person) and cheques must be made payable to the Vulcan County Health and Wellness.
- The Registration deadline is March 29th. Mass registration will be at the Vulcan Business Development Office on Thursday March 29<sup>th</sup> between 3:00 pm and 6 pm. Teams can register all the way up to April 12<sup>th</sup>, but please note your t-shirts will be a week late.

**EARLY BIRD Registration!**  
**Teams will get 100 Bonus Points for registering by March 29<sup>th</sup>!**  
**Early registration will ensure you get your T-shirts at the start of the challenge.**

- If you plan on participating in the weight loss portion of the program you must weigh in to establish a starting point.
- Registration forms and fees can also be turned in at the following locations any time before March 29<sup>th</sup>:
  - Vulcan County Health and Wellness located in the Vulcan Business Development Office, 110 1<sup>st</sup> Ave S., Vulcan, AB T0L 2B0.
  - Bonnie Ellis, Vulcan Recreation Office, Town of Vulcan Office.
  - Kari Thiessen, Vulcan Hospital

### • **The point system**

#### **All Participants**

30 minutes of physical activity at a moderate intensity = 10 points

Remember: Any 30 minutes of **consecutive activity** outside of work. Students can include school activities.

There is no limit on how many points you can earn each day or week.

## The Categories

We will have the same four categories this year but there is a twist. Everyone except the students group will go into the same category to start. After the third week (May 7<sup>th</sup>) groups will evenly be put into the MILD, MODERATE AND VIRGOROUS categories by how many points they have to date. This will eliminate the issue of everyone signing up for the Moderate and very few in the other two.

## Bonus Points

- 10 bonus points can be earned by getting caught by the secret watch dog being physically active while wearing your T-shirt. Secret watch dogs are volunteers in the community on different days watching for participants wearing their T-shirts and exercising. **There will be more Watch dogs out there this year!**
- **NEW! Vulcan County Participation list tie-in for this year.** We want to encourage participation in the local activities. 10 bonus points for each new one you try in the six week challenge. We also would like pictures posted on the Facebook page.
- We will have 5K walk/runs throughout the community. Each person that participates will get 30 bonus points (we have increased this from 10 points to 30 points).
- To encourage everyone to travel to the villages we are working on Scavenger Hunts in each Village and the Town of Vulcan. More details to come.
- There will be a 50 point bonus for each person that signs up for the TINMAN their website is [www.vulcantinman.ca](http://www.vulcantinman.ca). This year they have ½ Tin, a great way to start participating and it is on June 3<sup>rd</sup>.
- **Mother's Day Walk/Run** on May 12<sup>th</sup>. 50 point bonus for each person that signs up for this fundraising event for the Foundation.

The Healthy Choice Weekly option is announced every week. If you follow the nutritional advice this will be beneficial to your total fitness throughout the challenge. No bonus points this year for this, just healthier options.

If you choose to go into the weight loss extra challenge you will have to come to the office at the Vulcan Business Development Building to on or before April 17<sup>th</sup> to establish a starting point and when the challenge is over another weigh in. There will be prizes at the end for the most weight loss.

Keep track of your own points and report them to your team captain at the end of each week. The week runs from Monday to Sunday.

Team captains need to report team points to Deb Hartung (email is [vulcanfitness@gmail.com](mailto:vulcanfitness@gmail.com)) by midnight on the Wednesday after each week of the challenge in order to be counted. So for example, week one points need to be reported by midnight on April 26<sup>th</sup> in order to be counted and so on.

**IF YOU DON'T REPORT YOUR POINTS ON TIME, THEY WILL NOT BE RECORDED.**

- **Talk to your family physician before starting any diet or exercise program.**
- **The fitness Challenge is to promote extra effort from your daily routine, so keep in mind that 30 minutes of consecutive exercise outside your work or school will count for points.**
- Please fill out your t-shirt size on your registration. You will receive your t-shirt at, or shortly after, the start date.

**Any questions throughout the fitness challenge can be emailed to Deb Hartung at [vchw.foundation@gmail.com](mailto:vchw.foundation@gmail.com) or call (403-485-3147)**  
(Deb works part time and will return your emails and calls when she is in her office.)