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**Bonus points for the 2021 Vulcan County Wide Wellness Challenge**

As you have no doubt guessed by now, the Vulcan County Wellness Challenge Committee has been finding ways to be creative.

Given our current circumstances and the need to be aware of all of the protocols of our Federal and Provincial Governments, and Alberta Health Services, this year’s Challenge incorporates the seven dimensions of wellness. So based on these items, here is the structure for which you can claim Bonus Points in this year’s Challenge.

Base points; 10 points for every 30 mins of physical activity.

All of the items listed below are worth **10 Bonus Points**, and PLEASE, include your **Team Name and ensure you are wearing your T-Shirt.**

**ALL PARTICIPANTS:**

**Any kind of photo shared, nature walk, nutritious meal any photo relating to any of the 7 dimensions. 5 points.**

**Most walked and photo shared pooch, will win a pampered pooch basket, from Vulcan Vet Hospital.**

1. Prepare and share a nutritious meal,
2. Beginning May 31st, if you participate in any of the community walks/runs/scavenger hunts offered in Vulcan County, you can collect 25 points, take a non-registered friend with you, and collect an additional 10 bonus points.
3. We will be posting and providing in downloadable formats documents that feature various wellness resources. We will continue to post links to webinars, workshops.
4. If you attend one of the Wellness Tuesday Zoom Sessions, you can collect 10 bonus points.
5. Leave a note of appreciation for a friend or neighbour, on the “Thank you Neighbour” Bulletin Boards in the Towns and Villages.
6. Clean up the Town/County!  Cleaning up green space, park, playground or the ditches in the County and post it to the Facebook page!  Pitch-in & Pick-up bags can be picked up at the Town office. Please wear gloves!
7. Download and add your exercise minutes to the Participaction app under postal code T0L 2B0, for 25 Bonus points. You can register for this app, TODAY!
8. Historical Society “On the Spot” app, download it and show where you are in the community – This one will be a big bonus of 25 points! Use the app for a walking tour of ANY community on the app, and collect 10 extras.
9. Checkout and read a book from any library in Vulcan County related to Health and Wellness.
10. Remove technology from your bedroom, and enjoy reading before you sleep.
11. If you have a dog, 1 point for each time your dog accompanies you on your walks.

**KIDS CATEGORY:**

1. Each student participant will receive a bag of sidewalk chalk. Draw fun pictures or games
2. Playing in the Playgrounds around the County, if allowed. ☹
3. Eat an extra serving of Veggies.
4. Play some music and dance
5. Call or Facetime with Grandparents or extended Family.
6. Write a letter to a senior in assisted living in the County
7. On the VCHW Foundation Website you will see the sponsors of this event. https://www.vchwfoundation.com/county-wide-fitness-challenge/

Write a sponsor a thank you note, for 10 Bonus points

1. Go to your local library and check out a book, reading is good for you!
2. Complete a set of the 7 dimensions of Wellness cards, with a picture or word description of each, then return to the VCHW Foundation. 10 bonus points
3. Set a regular time for bed, and stick to it
4. Read a book before bed instead of using technology
5. Make your bed every day

\*downloadable kids cookbook available www.vchwfoundation.com

**SENIORS CATEGORY:**

1. Read a book, or listen to, or download an audiobook
2. Draw or colour pictures
3. Spend time outdoors birdwatching, suntanning, relaxing, planting flowers,
4. Play any game
5. Have tea time or coffee time if you prefer.
6. Play some music and dance or chair dance!
7. Participate in activities organized by your care aides if you cannot be a cheerleader for others.
8. Random act of kindness for another senior.
9. Face time with Grandkids or extended family.
10. Try a new hobby.

Please be mindful of Social Distancing when doing these Bonus Activities.

When doing clean-up activities, be sure to wear gloves, and when required, a mask.

We will add more opportunities for Bonus Points as Social Distancing allows, and we will communicate as we develop them.

Thank you,

Your Fitness Challenge Committee