



Points and Bonus points for the 2023 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.

Here is the structure for claiming Points and Bonus Points in this year's Challenge.

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

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

Most walked, and the photo-shared pooch will win a pampered pooch basket.

1. Prepare and share a nutritious meal,
2. Beginning May 29th, if you participate in any 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 and more on our Facebook page.
4. 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!
5. Download and add your exercise minutes to the Participaction app under postal code TOL 2B0, for 25 Bonus points. You can register for this app, TODAY!
6. 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.
7. Check out and read a book from any library in Vulcan County related to Health and Wellness.
8. Sign up for a Library Membership.
9. Remove technology from your bedroom, and enjoy reading before you sleep.
10. If you have a dog, 1 point for each time your dog accompanies you on your walks.

11. 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

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.
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
8. Go to your local library and check out a book, reading is good for you!
9. 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
10. Set a regular time for bed, and stick to it
11. Read a book before bed instead of using technology.
12. Make your bed every day.

*Downloadable kids cookbook available www.vchwfoundation.com on the right hand side under Resources

SENIORS CATEGORY:

1. Read a book, 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. Participate in your Rec Therapy programs at your place of residence.
6. Have teatime or coffee time if you prefer.
7. Play some music and dance or chair dance!
8. Participate in activities organized by your care aides if you cannot be a cheerleader for others.
9. Random act of kindness for another senior.
10. Facetime with Grandkids or extended family.
11. Try a new hobby.

Thank you,

Your, Wellness Challenge Committee