

Post Registration Info

Welcome to the 10th annual Vulcan County Wide Wellness Challenge, running from Saturday, June 1, 2024 to Sunday, June 30, 2024. Final points must be received by noon on Monday, July 1, 2024. Further information on logging points follows below.

As always, the primary goal of the Challenge is to promote a healthy lifestyle based on the Eight Dimensions of Wellness: emotional, environmental, intellectual, occupational, physical, social, spiritual, financial and overall wellness. However, other very important goals include having new experiences, meeting new people, connecting with your community, and having fun!

Your registration fee provides you with a very attractive T-shirt and the opportunity to participate in a variety of sponsored activities throughout the county. Feedback from previous participants was taken into account; there will be a concerted effort to provide activities during various times of the day. Watch the FB page (Vulcan County Wellness Challenge) for updated information on activities.

You will be notified of the date/time for T-shirt pickup. This Challenge would not be possible without our wonderful sponsors, who are listed on the back of the T-shirt.

Although each team or individual will be logging their points on a weekly basis, earning points is not the focus of the Challenge. Developing and maintaining health and wellness behaviours is far more important than any accrued points. Being mindful and deliberate in developing a profile of overall health and wellness is crucial to your living the best life possible. The planning committee encourages you to try new activities, covering a variety of the wellness dimensions, but mostly we encourage you to HAVE FUN!

Points Schedule

Each team captain is responsible for posting the team points for the week. Individual participants will post their own points weekly. Please post your points by noon of the following Monday – it just makes it much easier to keep everything accurate and up to date.

Posting points is very easy; a QR code will be sent to the captain of each team or to each individual participant. Please include your name and/or team name. We ask that points be submitted by noon of the following Monday. It just makes it so much easier for our volunteers collating points.

Each participant can earn 10 points for every 30 minutes of moderate physical activity. You know your body, its strengths and limitations, best. Moderate levels of activity will vary from person to person; you are encouraged to gently stretch your horizons while being very mindful of avoiding injury!

Each person can also earn Bonus Points for activities listed below. If possible, wear your Challenge T-shirt and promote our Challenge!

25 Point Activities

- Participate in Challenge sponsored activities such as walks, runs, speaker sessions, Book Club Chatter and scavenger hunts. If you bring a non-registered person with you, earn another 10 points.
- Download the Historical Society's "On the Spot" app (go to PlayStore or Apple Store and search for On the Spot!). Use the app for a walking tour of any community on the app and earn another 10 points.

- Express gratitude to at least three of our wonderful sponsors, either verbally or in writing, during Challenge month. Sponsors' names can be found on the back of the T-shirt or on the website <https://www.vchwfoundation.com/county-wide-fitness-challenge/>
- Volunteer for a shift at the TinMan Triathlon (June 15, 2024) and/or Vulcan Spock Days (June 8, 2024). You can contact the TinMan at vulcantinman.ca and Spock Days at info@spockdays.com. Each event is worth 25 points plus a bonus of 5 points for wearing your Challenge T-shirt. Support our community events and earn points for the Challenge – it's a win-win all around!

10 Point Activities

Please note that we encourage you to do many of these activities regularly, but we ask you to limit claiming points for each activity to once per week. For example, even though you are preparing nutritious meals regularly, please only claim for 1 meal each week. We also encourage you to post pictures on our FB page of any or all of your activities.

- Prepare and share a nutritious meal.
- Take a trash bag and gloves on a walk, and help to keep our environment clean.
- Check out and read a book from your local library on any topic related to health and wellness.
- Sit quietly for half an hour, with no technology, and read, meditate, daydream, or participate in a favourite hobby, without feeling guilty for not working on your lengthy to-do list.
- Sign up for a library membership.
- Remove all technology from your bedroom, and enjoy reading before sleep.
- Learn a new skill or new information.
- Invite a neighbour or acquaintance to join you on a walk or to come over to your house for a visit.
- Communicate with a person you think of often, but do not have regular contact with.
- Perform a "good deed" for another person or group in the community. Award yourself 10 extra points if you can do it anonymously.

5 Point Activity

- There will be community watchdogs out at various times and in various places watching for Challenge participants being active while **wearing their highly recognizable Challenge T-shirts**. Earn 5 points for every time you are spotted by our "secret spies"!

1 Point Activity

- Earn one point for each time you take your dog for a walk.

Kids' Category

10 Point Activities

- Be physically active for 30 minutes.
- Write a thank you note, and send it, to one of our wonderful sponsors. Sponsors are listed on the back of the T-shirt as well as on the website
<https://www.vchwfoundation.com/county-wide-fitness-challenge/>
- Complete a set of the 8 Dimensions of Wellness cards found in your wellness bag. Please complete them with a picture or description of each dimension, and return them to the Foundation office in the Vulcan Health Centre (hospital).
- Read a book before bed, instead of using technology.
- Write a letter or card to a senior in our County, or to any senior that you know.

Additional 10 Point Activities

These activities are all good habits to develop. Even though they are good to practice daily, please claim your points only once per week. For example, eating carrots and broccoli at lunch and supper is an excellent idea, but please only claim 10 points for veggie eating per week.

- Draw fun pictures or games with the sidewalk chalk provided in your registration package.
- Play at a playground.
- Eat an extra serving of veggies.
- Call or FaceTime with grandparents or other family members.
- Check out a book from the library, and read it.
- Set a regular time for bed, and stick to it.
- Read a book before bed, instead of using technology.
- Make your bed every day.
- Perform a good deed for someone. Give yourself 10 extra points if you can do it anonymously (ask an adult what that means!).
- Cook a recipe for your family. A cookbook for kids is available at
www.vchwfoundation.com

Look on the right sidebar, under Resources.

- Play music and sing and dance.

Seniors' Category

10 Point Activities

- Read a book, or listen to an audiobook.
- Draw or colour pictures.

- Spend time outside watching birds and nature, relaxing or gardening. Don't forget your sunscreen!
- Play a game. Take 10 bonus points for inviting someone to join you.
- Participate in the Recreation programs available.
- Play some music, and dance or chair dance.
- Perform a random act of kindness for another person. Award yourself 10 extra points if you can do it anonymously!
- Communicate with kids, grandkids or extended family.
- Try a new hobby.
- Write a letter or card to an important person in your life.

Finally – where do you go for further information and updates? Good question and the answers are:

- <https://www.vchwfoundation.com/county-wide-fitness-challenge/>
- <https://townofvulcan.ca/recreation>
- Facebook: Vulcan County Wide Wellness Challenge
- Facebook: Town of Vulcan Recreation Department
- VCHWF phone number: 403-485-4001
- Recreation Department phone number: 403-495-2990
- @VCHWF
- @Vulcanrec

Have a great time with the Challenge. Enjoy all of your Challenge activities, and congratulate yourself for being proactive with all health and wellness facets. Yay you!