

Winter Wellness Challenge



Winter months can be challenging, both physically and mentally. Adding physical activity to your day helps reduce stress and promotes happier feelings.

Beat the winter blues and have fun with your colleagues by taking part in **5210 A Way of Life's** Winter Wellness Challenge from **February 5th-16th, 2024.**

Here's how it works:

- Create a team of 4-6 people. There's no limit to the amount of participating teams from a workplace.
- Add a check mark to the tracker sheet for every 10 minutes of consecutive physical activity. Exercise outside of work also counts.
- At the end of the challenge, teams will tally their active minutes and divide by the number of participants on the team. The goal is to have the highest average possible for your team.
- To receive resources and tips, to increase your movement minutes during the work day, register your team at **Mango@HorizonNB.ca** by *Wednesday, January 31st.*
- Submit your results to **Mango@HorizonNB.ca** by *Wednesday, February 21st.*
- The top 2 teams will receive a prize from **5210 A Way of Life.**

Let's get moving!

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Personal Activity Tracker



Add a checkmark for every 10 minutes of continuous movement.



Team Activity Tracker



Team name: _____

Team member's name	Number of active minutes
Total number of active minutes	
Average number of active minutes per participant (Total number of active minutes ÷ number of team members)	

Submit your team's average by Wednesday, February 21st to

Mango@HorizonNB.ca



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