

# 2015 ALPHA FITNESS CHALLENGE

**alPHa**  
Association of Local  
**PUBLIC HEALTH**  
Agencies





## HOW TO PARTICIPATE

- 1 - Designate someone to co-ordinate and keep count of your participants and their activities.
- 2 - Participation of a minimum of 30 minutes of physical activity on May 7th.
- 3 - Have your designated co-ordinator complete the results form and email it back to us at [info@alphaweb.org](mailto:info@alphaweb.org).

[Completed forms must be received by 12:00 noon on Monday, May 11, 2015](#)

## EASY TIPS TO GET ACTIVE!

**At Home** - Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash. Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.

**At Work** - Many of us have sedentary jobs, why not brainstorm project ideas with a coworker while taking a walk or walk during business calls when you don't need to reference important documents. Stand while talking on the telephone. Walk down the hall to speak with someone rather than using the telephone.

**At Play** - Play and recreation are important for good health. Look for opportunities to be active and have fun at the same time: Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.) See the sights in new cities by walking, jogging or bicycling. Make a date with a friend to enjoy your favorite physical activities. Do them regularly. Play your favorite music while exercising.

## NEW for 2015

As part of the sponsorship package for the alPHA June 2015 conference, alPHA has invited sponsorship for the fitness challenge. The sponsor will award the first place and honourable mention prizes at the alPHA June 2015 conference in Ottawa.

## HERE ARE THE RULES

A health unit must have the highest percentage of staff participation and complete the attached alPHA Fitness Challenge Form. In the event of a tie, the quality of group activity will be considered in selecting the winner.

## CONTEST RULES AND GUIDELINES

- 1 - Only those employees considered as "health unit staff" are eligible.
- 2 - All employees working on May 7, 2015 are to be considered part of the Fitness Challenge; however, employees on field assignments, interviews, etc. as well as part-timers who are absent that day or individuals who are at home due to illness are exempt from participation.
- 3 - The physical activity can be completed anytime during May 7th and should take place between normal business hours, exceptions may be made to accommodate everyone's schedules such as coordinating the Fitness Challenge before or after work. We do, however, encourage this to be a group(s) activity.
- 4 - Any physical activity of 30-minute duration will be considered as an eligible activity; however, the 30 minutes can be broken down into 5, 10 or 15-minute intervals.
- 5 - In the event of a tie, the quality of the group activity will be considered in selecting the winner.
- 6 - The winning health unit will be asked to lead an exercise break at the alPHA 2015 conference in Ottawa.

## AND THE WINNER IS ..

The results will be broadcast on the allhealthunits listserv on Tuesday May 12th at noon. The winning Health Unit will also receive an award at the 2015 alPHA Annual General Membership meeting in Ottawa June 7-9

# 2015 aPHa Fitness Challenge Result Form

(deadline for submitting your completed form is noon on Monday, May 11<sup>th</sup>)

Health Unit: \_\_\_\_\_

Co-ordinator(s): \_\_\_\_\_

Contact E-mail: \_\_\_\_\_

Number of Staff at work on May 7<sup>th</sup>, 2015: \_\_\_\_\_

Number of staff participating in at least 30 minutes of physical activity: \_\_\_\_\_

Health unit staff participation rate: \_\_\_\_\_%

*If our health unit is the 2015 winner, we understand that we will be asked to lead an exercise break at the 2015 aPHa June conference in Ottawa. Please check here to confirm:*

Please complete the following legibly:

Please identify the health unit **group activity** (include a **short summary report of the day's events**; photos, staff contribution and recognition welcomed).

Please list other activities staff participated in:

**Suggestions** for next year's event: (Requests for better weather can't be accommodated.)