

2017 ALPHA FITNESS CHALLENGE



Once again alPHa is sponsoring its Annual Health Unit Employee Fitness Challenge, which will take place on Thursday, May 11th, 2017. The challenge to our members is to involve the entire staff in physical activity for at least 30 minutes on May 11th



HERE'S HOW TO PARTICIPATE

READY - Designate someone to co-ordinate and keep count of your participants and their activities.

SET - Participation of a minimum of 30 minutes of physical activity on May 11th.

GO - Have your designated co-ordinator complete the results form and email it back to us at info@alphaweb.org.

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.

**Completed forms must be received by 12:00 noon on
Tuesday, May 16, 2017**

HERE ARE THE RULES

A health unit must have the highest percentage of staff participation and complete the attached alpha Fitness Challenge Form. All health units with 100% group participation will be considered winners

CONTEST RULES AND GUIDELINES

1 - Only those employees considered as "health unit staff" are eligible.

2 - All employees working on May 11th 2017 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 11th 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.

6 - The winning health unit (s) maybe asked to lead an exercise break at the alpha 2017 conference in Chatham

AND THE WINNER IS ..

The results will be broadcast on the allhealthunits listserv on Thursday May, 18th. The winning Health Unit (s) will also receive an award at the 2017 alpha Annual General Membership meeting in Chatham
June 11-13

2017 alpha Fitness Challenge Result Form

(deadline for submitting your completed form is noon on U _____, May

Health Unit: _____

Co-ordinator(s): _____

Contact E-mail: _____

Number of Staff at work on May _____th, 201 : _____

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

Health unit staff participation rate: _____%

If our health unit is the 201 winner, we understand that we be asked to lead an exercise break at the 201 alpha June conference in Toronto. 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.)