

**Attention: All Health Unit Staff:**

Congratulations are extended to all 22 health units that took part in this year's challenge. The commitment on display this year was impressive with the high percentage of health unit staff participants.

The range of activities were equally as impressive, proving that there are many ways to build 30 minutes of physical activity into a busy day. Health unit staff participated in activities such as dog walking, Aqua fit various kinds of sports camps, bocci-ball, relays and beanbag races , cycling tours, Yoga and Pilates classes and Scavenger hunt throughout their communities. Many participants built in a healthy eating component this year as well, treating participating staff to healthy snacks.

Please join alPha in congratulating the **Timiskaming Health Unit** for successfully completing the 2016 alPha Fitness Challenge with not only 100% participation but also organizing a Group Photo Scavenger hunt in their community (please see the attached) . We are also very pleased to report that three additional health units, **Sudbury, Northwestern and Huron County**, will receive honourable mentions for achieving 100% participation by their staff members.

Thank you all for demonstrating your commitment to healthy, active living. Please share this widely.

<b>Health Unit</b>	<b>Percentage</b>
<b>Timiskaming Health Unit</b>	<b>100%</b>
<i>Huron County Health Unit</i>	<i>100%</i>
<i>Sudbury &amp; District Health Unit</i>	<i>100%</i>
<i>Northwestern Health Unit</i>	<i>100%</i>
<i>Porcupine Health Unit</i>	<i>98.11%</i>
<i>Perth District Health Unit</i>	<i>97.%</i>
<i>Halton Region Health Department</i>	<i>96.8%</i>
<i>Windsor-Essex County Health Unit</i>	<i>96.7%</i>
<i>Durham Region Health Department</i>	<i>96.55%</i>
<i>Chatham-Kent Public Health Unit</i>	<i>96%</i>
<i>Brant County Health Unit</i>	<i>90%</i>
<i>North Bay Parry Sound District Health Unit</i>	<i>88.8%</i>
<i>Grey Bruce Health Unit</i>	<i>87.8%</i>
<i>Eastern Ontario Health Unit</i>	<i>79.70%</i>
<i>Oxford County Health Unit</i>	<i>79%</i>
<i>Middlesex-London Health Unit</i>	<i>68%</i>
<i>Thunder Bay District Health Unit</i>	<i>62%</i>
<i>Algoma Public Health</i>	<i>57%</i>
<i>Leeds, Grenville &amp; Lanark District Health Unit</i>	<i>56%</i>
<i>Wellington Dufferin Guelph Public Health</i>	<i>51.4%</i>
<i>Hastings Prince Edward Public Health</i>	<i>21.6%</i>
<i>Ottawa Public Health</i>	<i>14.67%</i>