

Congratulations are extended to all 17 health units that took part in this year's Challenge. The commitment on display this year was quite impressive as many health units took advantage of the [Participaction Canada 150 Playlist](#) in celebration of Canada's 150th Birthday.

The range of activities included Mini Olympics, Bingo Walks, and Office Impossible to name a few 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, Aquafit, hopscotch, mini putt, golfing and various outdoor activities throughout their communities. Attached are submitted photos of the fun that was had by all.

Please join alPHa in congratulating the **Huron County Unit, Northwestern Health Unit and Sudbury & District Health Unit** for successfully completing the 2017 alPHa Fitness Challenge with 100% participation. All three will receive the alPHa Fitness Challenge Winners' Plaque. Honourable mention will go to Porcupine Health Unit for achieving 98% participation.

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

Health Unit	Percentage
<i>Huron County Health Unit</i>	100%
<i>Northwestern Health Unit</i>	100%
<i>Sudbury & District Health Unit</i>	100%
<i>Porcupine Health Unit</i>	98%
<i>Grey Bruce Health Unit</i>	94%
<i>Durham region Health Department</i>	91%
<i>Timiskaming Health Unit</i>	91%
<i>Brant County Health Unit</i>	90%
<i>Oxford County Public Health & Emergency Services</i>	86%
<i>Renfrew County Health Unit</i>	86%
<i>Chatham- Kent Public Health Unit</i>	77%
<i>Eastern Ontario Health unit</i>	77%
<i>Thunder Bay District Health Unit</i>	65%
<i>Wellington Dufferin Guelph Public Health</i>	61%
<i>Middlesex-London Health Unit</i>	44%
<i>Algoma Public Health</i>	33%
<i>Lambton Public Health</i>	23%

Durham



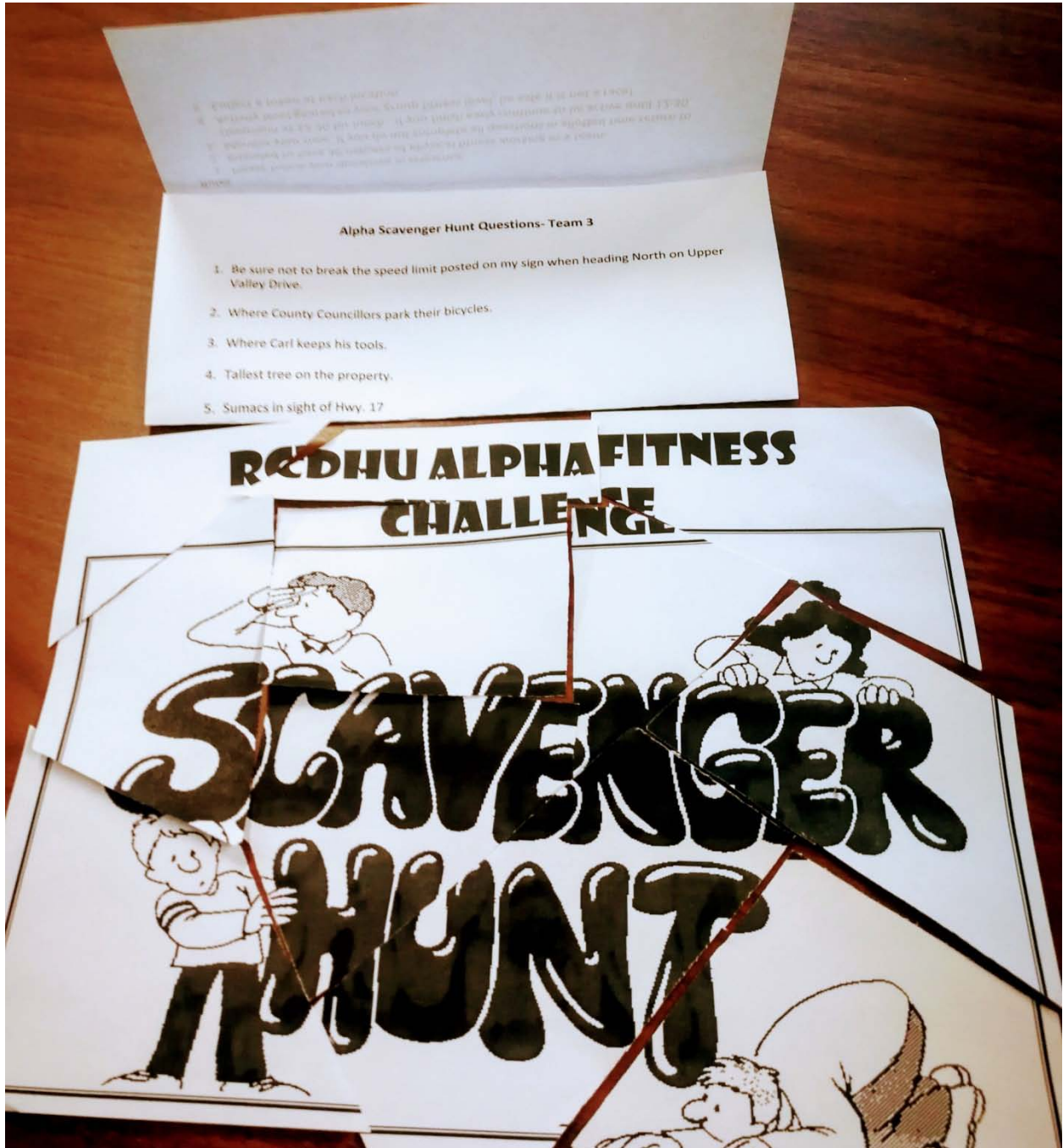
Eastern Ontario



Northwestern Ontario



Renfrew



Porcupine



Your mission, should you choose to accept it, begins on May 11.

SECRET MISSION

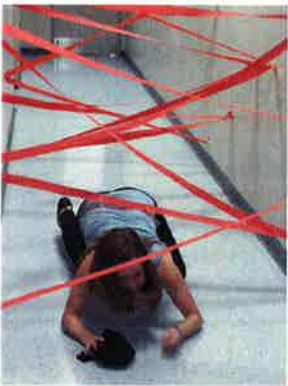
#officeimpossible #alphaChallenge



HIT LIST

- Download a photo on your phone and post it on social media using the hashtag #officeimpossible
- Deflate a bomb and complete the exercise found inside
- Complete the spy school mission
- Navigate your way through the laser beams
- Walk for 10 minutes
- Complete the final reconnaissance task
- Break the code
- Manoeuvre the minefield
- Your choice of exercise!

Instagram post by vishy017: Kellygo, fitness.stories, sarabracem, trussnorth, rammyteator, alastoner, hahivertola and nicoleedotnyre like this. nicole017 @nicoleedotnyre, #officeimpossible, alastoner @nicole017, STEP UP! #YourFavorite, nicole017 @alastoner



Renelle Cheff-Lafleur
15 hrs · Instagram · 34

#officeimpossible #missionwasnotcomplete #30minsphysicalactivityathome #alphachallenge #cartwheel #stillgotit

