

**Fun/Fitness Community Challenge**

**January 2017**

Sun	M	T	W	Th	F	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

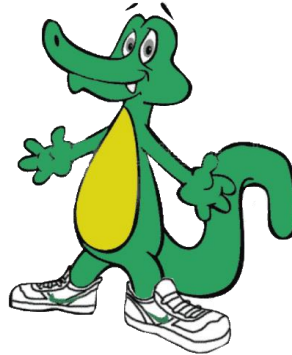
**February 2017**

Sun	M	T	W	Th	F	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

**March 2017**

Sun	M	T	W	Th	F	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Tri-Unity Challenge  
Partners**



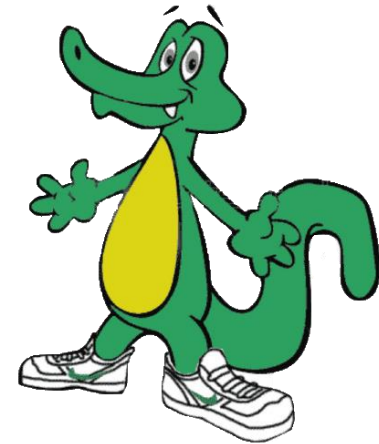
Arborfield/Carrot River  
/Zenon Park  
Primary Health Care  
Provider Team

Towns of  
Arborfield  
Carrot River  
Zenon Park



Contacts:  
Joann Rusk Arb 769-8712  
Miranda Blaber CR 768-3833  
Lisa Leblanc ZP 767-2233

**Tri-Unity Fun/Fitness  
Community  
Challenge**



Help yourself

Get Fit

While Helping Your  
Community

## To participate in the Fun/Fitness Challenge is simple:

- There is no cost to you, it's **FREE** to participate and you receive the benefits.
- Start January 1<sup>st</sup>, 2017, and end March 31<sup>st</sup>, 2017, or join at any time.
- Choose your personal log to record your physical activity minutes. Your Personal Log may be the Activity Calendar found with the pamphlets, on-line at [www.tri-unity.ca](http://www.tri-unity.ca) or an ordinary calendar at home
- Record your minutes of physical activity on your personal log for January, February and March.
- Fax back final tally or drop them off at your local clinics or town office by April 7<sup>th</sup>, 2017 to the numbers below:

Arborfield	(306) 769-8704
Carrot River	(306) 768-2930
Zenon Park	(306) 767-2226

### Web Resources:

- [www.tri-unity.ca](http://www.tri-unity.ca)
- [www.inmotion.ca](http://www.inmotion.ca)
- [www.kelseytrailhealth.ca](http://www.kelseytrailhealth.ca)

### How to increase Physical Activity:

- Start slowly and increase your **planned** physical activity to an average of 150 minutes/week or more.
- Join an exercise group and enroll your kids in community sports.

## January – March Fitness Activities

**Arborfield** - Curling, Public Skating, seniors' Exercise, old time dance, Floor hockey, Numerous Kids' Activities

**Carrot River** - Public skate/shinny, Indoor Walking, Curling, Volley Ball, PiYo, Yoga, Spin Class, Fitness for Older Adults, Numerous Kids' Activities

**Zenon Park** – Public Indoor Skating, Karate for all ages, AFZP Youth Organized Activities , fitness classes  
*Check out the village website for more details.*

In addition - Join our 13 week Healthy Habits challenge: Log onto Shell's Fitness facebook page or pick up a pamphlet on your local bulletin boards.

## Interesting Tri-unity facts

Total funds raised to date - \$29,000

Total minutes= 6,703,497

Total Km=670,347.9

**(We have walked approximately 16 times around the earth!!!)**

- Zenon Park is working on a park area that will include walking paths and fitness stations.

## FINAL TALLY SHEET

Final Results should be faxed to one of the numbers below by April 7<sup>th</sup>, 2017.

Start date any time after Jan 1<sup>st</sup>, 2017 and end date March 31<sup>st</sup>, 2017.

### Fax to:

Arborfield (306) 769-8704

Carrot River (306) 768-2930

Zenon Park (306) 767-2226

Name: \_\_\_\_\_

Activity Minutes for Jan.: \_\_\_\_\_

Activity Minutes for Feb.: \_\_\_\_\_

Activity Minutes for Mar.: \_\_\_\_\_

Grand Total

Of Minutes: \_\_\_\_\_

If you have questions, please feel free to contact one of the people listed below:

Joann Rusk (306) 769-8712

Miranda Blaber (306) 768-3833

Lisa Leblanc (306) 767-2233