



Wellness and Recreation

focus



Grande Cache

Community Fitness Challenge 2010

September 1 – November 30, 2010

Participant Information

1. The goal of the Challenge is to complete 36, 30 minute workouts at the Grande Cache Recreation Centre within 3 months.
2. Participants can start the Fitness Challenge anytime between September 1st and 30th. It is **free** to participate.
3. During each visit, participants must complete a minimum of 30 minutes physical activity at the Grande Cache Recreation Centre. For best health gains Canadian Society for Exercise and Physiology recommends working up to 150 minutes moderate activity or 90 minutes vigorous activity per week for adults 18-65 years.
4. Physical activity can include any combination of weight training, cardio training, group fitness, swimming, skating, rock-climbing, etc. done at the Grande Cache Recreation Centre.
5. After completing 30 minutes of physical activity, visits are to be tracked on the Fitness Challenge Tracking card. A staff member can initial a participants tracking card during office hours. When the front desk is closed the participant can track their own visit based on the honor system.
6. Participants can only receive credit for one workout per day, regardless of how long they are at the centre or the number of activities they participate in.
7. Once the tracking card is complete it is to be handed into the front desk to be given to Jacquie Hill who will enter the participants name in the prize draw.
8. All participants who successfully complete the Fitness Challenge are eligible to win a random prize draw. The prize draw will take place at the Grande Cache Recreation Centre the first week of December. All prizes are to be picked up by December 31st.

For more information, please contact Jacquie Hill at the Recreation Centre at 780-827-2446.