



## Spring Into Action Challenge 2008!!!

### Spring Into Action - What is it?

Spring Into Action is an annual challenge *Horizons Community Development Associates Inc.* issues to our colleagues and friends/families. This year it takes place from April 14<sup>th</sup> to May 25<sup>th</sup>. The purpose of the campaign is for all of us to get physically active, and fit for summer!

### CHALLENGE DETAILS:



- Our challenge runs for six weeks, beginning Monday April 14<sup>th</sup> and ending Sunday May 25<sup>th</sup>.
- The goal is for members of each team to accumulate at least 30 minutes of physical activity a day for five days each week.
- 30 minutes of activity can be accumulated throughout a 24- hour period in a minimum of 10-minute blocks of time.
- There are weekly prize draws for everyone who meets the weekly goal.
- All the participants who achieved the goal of 30 minutes a day for five days each week, for the whole six weeks of the challenge will be entered into a Grand Prize draw at the end of the Challenge! The Grand Prize is \$100 to be used toward anything the winner would like related to physical activity (e.g., new running shoes, swim passes, family outings to the gym).
- At the end of the Challenge a special prize will be awarded to the team with the greatest proportion of participants who met our weekly goal for the duration of the Challenge!

### ACTIVITY IDEAS:

#### *Light Effort*

Light walking  
Gardening  
Stretching  
Frisbee  
Housework

#### *Moderate*

Brisk Walking  
Yard Work  
Swimming  
Dancing  
Golfing

#### *Vigorous*

Jogging  
Soccer  
Basketball  
Fast Biking  
Ultimate Frisbee



***So get your household and/or co-workers together to make a team, grab your sneakers, get outside, enjoy the fresh air, have fun, and of course... SPRING into Action!***

For more information, please contact us at (902) 542-0156, or [wilma@horizonscda.ca](mailto:wilma@horizonscda.ca)