

# WINTER WELLNESS CHALLENGE

21 days to better health

**Get back to the basics.**



- Register a team of five online
- Log your activities and win prizes!

Visit [www.lacombe.ca/winterwellness](http://www.lacombe.ca/winterwellness) to register online  
For more info call 403.782.1267 or email [sbeauclair@lacombe.ca](mailto:sbeauclair@lacombe.ca)





## ABOUT THE CHALLENGE

This year we have enhanced the Winter Active Challenge and renamed it the Winter Wellness Challenge. We have modified the program to include other aspects of wellness. In this new challenge there are five goals for residents to achieve each day. Participants must get at least four points per day to be eligible for the prize draws. Anyone can participate as each of the tasks include simple things that maintain or improve your overall health.

Part of this challenge is setting weekly goals for yourself. Setting goals help you focus on what you want and what you can commit to. When you write down your goals you are more likely to achieve them. Be sure to set SMART (Specific, Measurable, Attainable, Relevant, Timely) goals, then plan the steps to achieve them. Each small step will help build your confidence.

The challenge rules are similar to those in past years.

1. All team members must reside or work in the city of Lacombe or Lacombe county.
2. Each team member must get four points per day for the full 21 days. (28 points per week)
3. Each team must obtain 140 points per week to be entered into the weekly draws.
4. To be eligible for the Grand Prize draw and Best Team Name draw teams must obtain 420 points during the challenge with no week being less than 140.
5. The captain must submit points weekly to [sbeauclair@lacombe.ca](mailto:sbeauclair@lacombe.ca) or online at [www.lacombe.ca/winterwellness](http://www.lacombe.ca/winterwellness) by 4:30 pm Tuesday following the challenge week's end date. Draws will be done on Wednesdays.
6. Teams will be required to pick prize packages up from City Hall within one week of the draw. Winners will be notified by email or phone.

There will be three weekly participation draws, three weekly lunch draws, one best name prize, and one Grand Prize draw.

Each week, your team needs to accumulate 140 points collectively to be entered into the draw for that week. At the end of the three week challenge, each team that has obtained at least 420 points, with no week being less than 140 points, will be eligible for the Grand Prize Draw

## GETTING STARTED

Form a team of 5 and designate a team captain that will submit the team's time each week. Fill in and submit the registration form.



# REGISTRATION FORM *(also available online)*

**Team Name:** \_\_\_\_\_

**Team Captain Name:** \_\_\_\_\_

**Team Captain Email:** \_\_\_\_\_

**Team Captain Phone #:** \_\_\_\_\_



## Other Members

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

**Email:** \_\_\_\_\_

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

**Email:** \_\_\_\_\_

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

**Email:** \_\_\_\_\_

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

**Email:** \_\_\_\_\_

**Registration deadline:** *Friday, January 25, 2019 at 4:30 pm*

**Register online or fax or email completed registration form to 403-782-5655 or [sbeauclair@lacombe.ca](mailto:sbeauclair@lacombe.ca)**

The personal information that you provide to the City of Lacombe is collected under the authority of the Alberta Freedom of Information and Protection of Privacy (FOIP) Act – Section 33(c). The information will be used for the purpose of maintaining accurate records of recreation program users. Collected personal information is protected from unauthorized access, collection, use, and disclosure in accordance with the FOIP Act, and can be reviewed and corrected upon request. Questions regarding the collection of personal information can be directed to: FOIP Coordinator, City of Lacombe, 5432-56 Ave, Lacombe, AB T4L 1E9, Tel. 403-782-1281 or [foip@lacombe.ca](mailto:foip@lacombe.ca)



## BENEFITS OF BEING HEALTHY

Being active can increase your energy, reduce your risk for chronic diseases, and improve your mental health. According to the Canada Physical Activity Guidelines, adults should accumulate at least 150 minutes of moderate to vigorous activity per week in bouts of 10 minutes or more.

Eating fruit and vegetables are also important for your health. They are full of vitamins and minerals that help reduce your risk of diabetes, heart disease, certain types of cancer and osteoporosis. Adults should eat between 7-10 servings of fruits and veggies every day in a variety of colours. Eat the rainbow.

Drinking water helps your body stay hydrated as it is about 60 percent water. It helps with digestion, absorption, circulation, and more! Start off small by replacing some of your high sugar beverages with a glass of water. Did you know that drinking water can help treat and prevent headaches? Just one more reason to try to get enough water every day.

Whole grains have many health benefits including a lower risk of diabetes, heart disease and high blood pressure. Whole grains are high in nutrients and fibre which support healthy digestions. It's easy to switch your refined grains for whole grains just be sure to watch for the word "whole" in front of type of grain and check the ingredients to make sure they are entirely whole grain or a mixture of whole grains and refined grains.

Sleep can affect many areas of your mental and physical health. It can affect your productivity, emotional balance, brain and heart health, immune system and even your weight. It is recommended that adults get between 7-9 hours of sleep. Regular exercise can help reduce symptoms of many sleep disorders.





## CAPTAINS TRACKING SHEET

<b>Week 1</b>	<b>Points</b>
<b>Team Member 1</b>	
<b>Team Member 2</b>	
<b>Team Member 3</b>	
<b>Team Member 4</b>	
<b>Team Member 5</b>	
<b>Total Points</b>	

<b>Week 2</b>	<b>Points</b>
<b>Team Member 1</b>	
<b>Team Member 2</b>	
<b>Team Member 3</b>	
<b>Team Member 4</b>	
<b>Team Member 5</b>	
<b>Total Points</b>	

<b>Week 3</b>	<b>Points</b>
<b>Team Member 1</b>	
<b>Team Member 2</b>	
<b>Team Member 3</b>	
<b>Team Member 4</b>	
<b>Team Member 5</b>	
<b>Total Points</b>	

Need to get 140 points or more for the team (28 or more for each member) each week.

# TRACK MY POINTS

# WINTER WELLNESS CHALLENGE

Name: \_\_\_\_\_ Week Start Date: \_\_\_\_\_ Week End Date: \_\_\_\_\_

Use this paper to help you keep track of your points during the week. At the end of the week send to you team captain. Earn 1 point for each task up to 5 points per day.

Goal for the week: \_\_\_\_\_

**TASKS:** A healthier lifestyle is key to overall health. Earn 1 point for each task completed.



**30 minutes of activity**



**Drink 8 glasses of water**



**Choose whole grains**



**Eat more fruit and vegetables**



**7-8 hours of sleep**

## WEEKLY CHECK-IN

How did I do this week? Looking back at last week, how satisfied are you with your efforts towards the challenge tasks.

- 8 glasses of water 1 2 3 4 5
- 30 minutes of activity 1 2 3 4 5
- More veggies 1 2 3 4 5
- 7-8 hours of sleep 1 2 3 4 5
- Whole grains 1 2 3 4 5
- Overall health 1 2 3 4 5

This week was good because:

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Something I will do differently next week:

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