

150 Minutes Per Week 8 Week Fitness Challenge

ARE YOU UP FOR THE CHALLENGE?

**Join Fraserview Learning Centre and Lifetime Learning Centre's
150 Minute for 8 Week Challenge for better health.**

Sign Up at the Walkathon or Your Fitness Class

Challenge begins April 11, 2019 and ends June 21, 2019
(This gives participants 10 weeks to complete 8 weeks of activity.)

Record your minutes per week of physical activity and report the time.

All physical activity counts: brisk walking, bike riding, exercise classes, gym time, yoga, Etc.

Pick a time. Pick a place. Make a plan and move more!

<input type="checkbox"/> Join a weekday community running, or walking group.	<input type="checkbox"/> Go for a brisk walk around the block after dinner.
<input type="checkbox"/> Take a dance class after work.	<input type="checkbox"/> Bike or walk every day.
<input type="checkbox"/> Rake the lawn or work in the garden.	<input type="checkbox"/> Train for and participate in a run or walk for charity!
<input type="checkbox"/> Take up a new sport or try a new activity.	<input type="checkbox"/> Be active with the family on the weekend!

Prizes Water bottle to start, and an Athletics Bag at completion.