



# PHYSICAL ACTIVITY



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Go Dancing  <i>minutes completed</i>	Walk to Work or School  <i>minutes completed</i>	Play Hockey with Friends  <i>minutes completed</i>	Go Snowshoeing  <i>minutes completed</i>	Collect Firewood  <i>minutes completed</i>
Have a Snowball Fight with your Friends  <i>minutes completed</i>	Walk/Run your Dog  <i>minutes completed</i>	Use a Treadclimber/ Elliptical Machine  <i>minutes completed</i>	Build a Snow Fort  <i>minutes completed</i>	Go Tobogganing  <i>minutes completed</i>
Do Sit-Ups, Push-Ups and Jumping Jacks  <i>minutes completed</i>	Do Squats, Plank and Run on the Spot  <i>minutes completed</i>	Do an Activity of your Choice with your Neighbour  <i>minutes completed</i>	Build a Snowman with your Children or Siblings  <i>minutes completed</i>	Go Cross-Country Skiing with Friends  <i>minutes completed</i>
Walk under the Northern Lights with a Partner  <i>minutes completed</i>	Lift Weights  <i>minutes completed</i>	Bundle up for an Outdoor Walk  <i>minutes completed</i>	Play Floor Hockey  <i>minutes completed</i>	Walk/Run on the Treadmill  <i>minutes completed</i>
Pedal a Stationary Bike  <i>minutes completed</i>	Clean the House  <i>minutes completed</i>	Go Skating with your Kids  <i>minutes completed</i>	Go Hunting/ Trapping  <i>minutes completed</i>	Shovel Snow  <i>minutes completed</i>



Northern Healthy Communities Partnership

## Active Communities Winter Challenge



name \_\_\_\_\_ phone \_\_\_\_\_

mailing address \_\_\_\_\_

email \_\_\_\_\_

# Active Communities Winter Challenge



Physical activity is one of the best things you can do for your physical and mental health, but you don't have to run a marathon to benefit from being active!

To achieve health benefits, adults should get 150 minutes of moderate-to vigorous-intensity physical activity per week. Children and youth should get at least 60 minutes per day.

Moderate-intensity physical activities should make you sweat a bit and breathe harder, such as brisk walking and bike riding.

Vigorous-intensity physical activities should make you sweat and be 'out of breath', such as jogging, basketball and cross country skiing.

Small increases in physical activity can make a big difference. Make being active part of your routine today!

## Physical Activity Bingo Contest Rules

Send in your completed bingo card for a chance to win! For every line completed you'll receive one entry into a draw for:

- A pair of brand new snowshoes
- Gift cards for purchasing clothing or equipment for your active lifestyle

Each time you complete an activity for 15 minutes or more, record the number of minutes and mark off the square.

Send in a picture of your completed bingo card on or before Monday March 27<sup>th</sup>, 2017 for your chance to win!

- Email: [nhcp@pophealthnorthsask.ca](mailto:nhcp@pophealthnorthsask.ca)
- Facebook message: Northern Healthy Communities Partnership
- Fax: 306-425-8550

