

# UPEI Healthy Activity Challenge

The Healthy Activity Challenge at UPEI is an opportunity for you and a group of co-workers to participate in a fun eight week physical activity challenge. It's simple, just record the number of minutes you are active daily. Your team captain will submit team members minutes of physical activity weekly.

**Challenge Dates:** Monday, January 18 – Sunday, March 13, 2016

For UPEI students, faculty and staff only!

## Benefits of Program

By joining this program each participant will receive the following:

- FREE access to the Sports Centre walking track from January 18 – March 13
- FREE access to the 10 fitness classes per week offered by Athletics & Recreation during the duration of the Challenge. (The classes include the following; Pilates on the Bosu, Kettlebells, Cardio Dance Fusion, HIIT, Dance Cardio Fusion Light, Zumba, PiYo and Glute Camp).
- A group activity and prize draw will be held after week four and eight.
- **YOUR Health!!**



**Believe that you can succeed and you will!!!!**

## **Team Registration Form:**

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

Team Participants (please print):

- |          |                       |                                      |
|----------|-----------------------|--------------------------------------|
| 1. _____ | Campus Card ID# _____ | E-mail: _____                        |
| 2. _____ | Campus Card ID# _____ | E-mail: _____                        |
| 3. _____ | Campus Card ID# _____ | E-mail: _____                        |
| 4. _____ | Campus Card ID# _____ | E-mail: _____                        |
| 5. _____ | Campus Card ID# _____ | E-mail: _____                        |
| 6. _____ | Campus Card ID# _____ | <b>Team Captain</b><br>E-mail: _____ |

Please complete and return to Angela Marchbank at [amarchbank@upei.ca](mailto:amarchbank@upei.ca) or office #205 Sports Centre

**Registration Deadline – Thursday, January 14, 2016**

*The Challenge program is brought to you by the UPEI Healthy Campus Committee in partnership with UPEI Athletics & Recreation.*