

2012 alPHa Fitness Challenge

Physical activity plays an important role in the health, well-being and quality of life of Canadians. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury.

Once again alPHa is sponsoring the **alPHa Annual Health Unit Employee Fitness Challenge**, which will take place on **Thursday, May 10, 2012**. The challenge to our members is to involve the entire staff in physical activity for at least 30 minutes on the May 10th.



HOW TO PARTICIPATE:

1. Designate someone to co-ordinate and keep count of your participants and their activities.
2. Participation of a minimum of 30 minutes of physical activity on May 10th.
3. Have your designated co-ordinator complete the survey form fax or email it back to us at (416) 595-0030 or info@alphaweb.org.

Completed forms must be received no later than 12:00 noon on Monday, May 14, 2012.

HERE ARE THE RULES:

A health unit must have the **highest percentage of staff participation** and **complete the attached alPHa Fitness Form**. In case of a tie, the quality of group activity will be considered in choosing a winner.

Please refer to the General Guidelines listed below for additional rules and regulations governing the challenge.

CONTEST RULES AND GUIDELINES:

- 1** - Only those employees considered as "health unit staff" are eligible.
- 2** - All employees working on May 10, 2012 are to be considered part of the Fitness Challenge; **however**, employees on field assignments, interviews, etc. as well as part-timers who are absent that day or individuals who are at home due to illness are exempt from participation.
- 3** - The physical activity can be completed anytime during May 10 and should take place between normal business hours; **however**, exceptions may be made to accommodate everyone's schedules such as coordinating the Fitness Challenge before or after work. We do, however, encourage this to be a group(s) activity.
- 4** - Any physical activity of 30-minute duration will be considered as an eligible activity; **however**, the 30 minutes can be broken down into 5, 10 or 15-minute intervals.
- 5** - In the event of a tie, the quality of the group activity will be considered in selecting the winner.

Did you know...

Regular physical activity and higher levels of fitness allow daily tasks to be accomplished with greater ease and comfort and with less fatigue. Research shows that as much as half of the functional decline between the ages of 30 and 70 is due not to aging but to an inactive way of life.

Take the lead in cultivating an active, healthy lifestyle in your community. *Remember that mid-May can be unpredictable in its weather.* Challengers from previous years have chosen indoor activities such as Yoga, Tai Chi, and Zumba to ensure 100% participation.

...AND THE WINNER IS ..



The results will be broadcast on the allhealthunits listserv on Tuesday May 15th at noon also in the summer edition of the Public Health Pulse (aPHa's quarterly e-newsletter). The winning Health Unit will also receive an award at the 2012 aPHa Annual General Membership meeting being held in Niagara Falls June 10 - 12, 2012 .

Tips to help you get active:

- **Choose a variety of physical activities you enjoy.** Try different activities until you find the ones that feel right for you.
- **Get into a routine** — go to the pool, hit the gym, join a spin class or set a regular run and do some planned exercise. Make it social by getting someone to join you.
- **Limit the time you spend watching TV** or sitting in front of a computer during leisure time.
- **Move yourself** — use active transportation to get places. Whenever you can, walk, bike, or run instead of taking the car.
- **Spread your sessions of moderate to vigorous aerobic activity throughout the week.** Do at least 10 minutes of physical activity at a time.
- **Join a team** — take part in sports and recreation activities in groups. You'll make new friends .

Related Links:

Canada's Physical Activity Guides

<http://www.phac-aspc.gc.ca/pau-uap/paguide/>

Physical Activity Contribution Program: Supporting Healthy Living for Canadians

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/index-eng.php>

Canada Food Guides

<http://www.hc-sc.gc.ca/index-eng.php>

