



Take the *in motion* 100 Minute Challenge

Set a target to do 20 minutes of physical activity a day to accumulate over 100 minutes in five days!
Photocopy this log sheet and pass it onto a friend, family member, or co-worker!

NAME:

TELEPHONE:

ADDRESS:

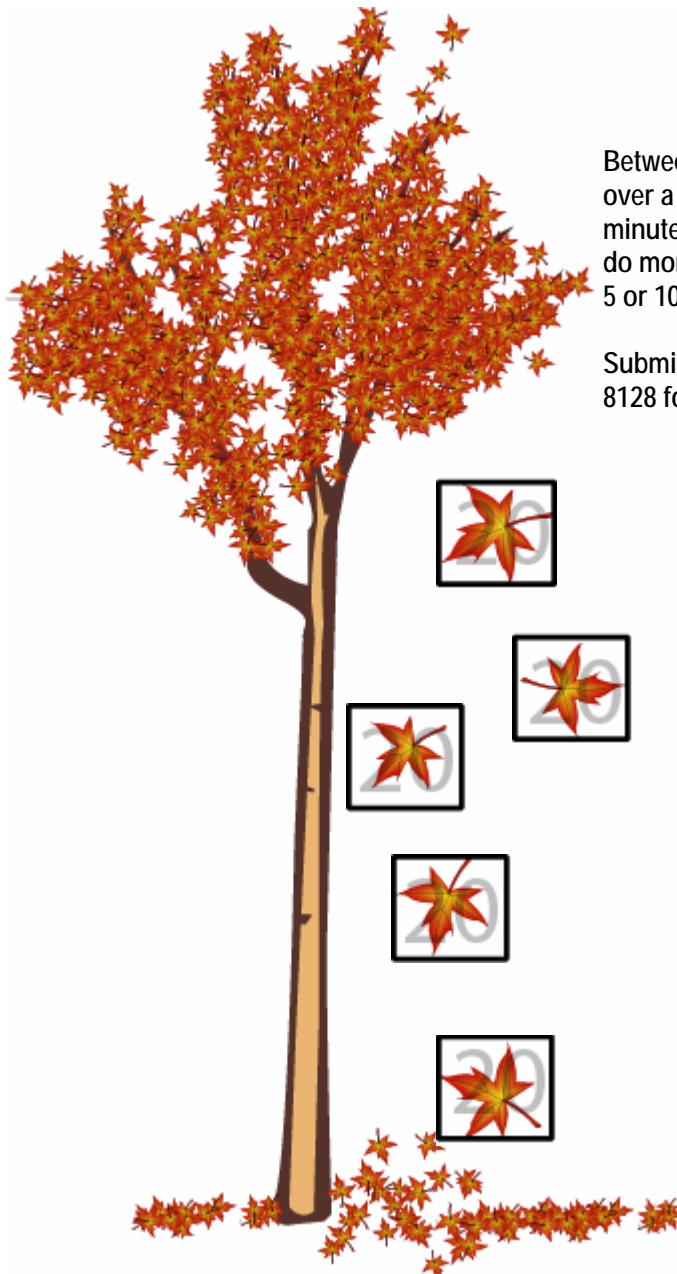
Please circle your age group and gender below:

AGE GROUP:

12 & Under 13 - 19 yrs 20 - 29yrs
30 - 39 yrs 40 - 55 yrs 56+ yrs

GENDER:

Male or Female



Between September 19th and 25th place a check mark over a large leaf to show that you have completed 20 minutes of physical activity throughout your day! Try to do more than you normally do. Split the activity up into 5 or 10 minute sessions!

Submit your challenge on September 27th by fax: 655-8128 for your chance to win an *in motion* prize package.

"Fall... *in motion* – Stay Active"

Take this 100 minute challenge as a lead up to the **Fall...*in motion*** campaign! On Friday, September 29th in Bessborough Park we will be kicking off our October Stay Active month with our 6th annual **Fall...*in motion*** community event. In recognition of Saskatchewan's Centennial year, we will be doing 30 minutes of continuous dancing to music from the last 100 years! Come join us to dance to the music of yesterday and today!

Following the kick off event, we launch our Stay Active campaign for the month of October. Check out our web site (www.in-motion.ca) or fitness facility near you to pick up an *in motion* Activity Log to chart your activity over the month of October. Stay tuned for more information coming your way on **Fall...*in motion***!

Staying active is easy! You can:

- DO IT on your own or with family
- DO IT at a facility or club
- DO IT with friends and colleagues