

## NUMoves Family Walking Challenge

### WHAT IS THE CHALLENGE?

The NUMoves Family Walking challenge invites families from around Nunavut to get up off the couch and start walking! The NUMoves Family Walking Challenge takes place from March 6<sup>th</sup> – 19<sup>th</sup>. As families walk through the challenge, they will track their progress on the individual tracking sheet provided. The family with the furthest distance walked will be the NUMoves Family Walking Champions. The primary objective is to get families participating and physically active!

### WHY PARTICIPATE IN THIS CHALLENGE?

Why get involved and participate? Here are a few reasons:

- To be active and live a healthy lifestyle!
- To do something as a family!
- To win prizes!
- To have fun!

### HOW THE CHALLENGE WORKS?

This challenge is easy:

1. Any family living in Nunavut can register. A family must include at least 3 people, of which one must be between 5 and 12 years.
2. Families must be from the same household.
3. Families must register with their Recreation Coordinator. A tracking form will be provided.
4. All participating families will receive pedometers.
5. The tracking form must be returned to the Recreation Coordinator no later than Monday March 21<sup>st</sup>.
6. When the challenge starts, participants can track their distances with the pedometer.
7. The challenge will run from March 06<sup>th</sup> – 19<sup>th</sup>, only km traveled during this time will be accepted.

### HOW IS DISTANCE RECORDED?

The distance traveled will be determined by the distance you have walked/moved. To record the distance families use their pedometers given to them, and record their daily results on their tracking sheet (using km). These results should then be given to the Recreation Coordinator, who will be recording results on the master tracking sheet.

### WHAT ARE THE PRIZES?

- The family in each community that walks the furthest will be awarded a Northern gift card of \$500.
- Each Youth 5 – 12 years registered as part of the “winning family” will be given a \$50 gift card.
- The family in Nunavut that walks the furthest will be awarded a Northern Gift card of \$1000.
- Each participating community will draw youth names (5 – 12 years) for one bike.
- The Hamlet with the most families completing the NUMoves Family Walking Challenge will receive \$2500 for youth programs.

Final community results must be sent to [dcurrie@rpan.ca](mailto:dcurrie@rpan.ca) by the Recreation Coordinator no later than March 23<sup>rd</sup> with winners announced on March 28<sup>th</sup>!

