

**FREE
EVENT!**



“Hustle for the Harvest”

September 21st to October 5th

Activity Challenge Information

In order to help create a healthy community, the **Guelph Family Health Team** strives to inspire Guelph residents to become more active where they live and where they work.

What is the FHT to Move Activity Challenge?

The Guelph Family Health Team has created a two-week, friendly competition with the intent of encouraging local businesses, organizations and groups to compete for the title of “*Guelph’s Most Active Team*”.

Last year, over 40 Guelph based teams and more than 600 participants joined the “FHT to Move” Activity Challenge to promote an active lifestyle.

How does it work?

During the two-week challenge, participants log their daily minutes of activity using the Guelph Family Health Team’s online tracking tool (<https://activitychallenge.guelphfht.com/>). These minutes contribute to their team’s total score. Participants can earn activity minutes in a variety of ways such as running, walking, cycling, yoga, weight lifting, etc. Bonus points can be earned by participating in daily challenges sent out by the Guelph Family Health Team.

All participants are eligible for weekly prize draws. At the end of the two weeks, there will be a grand prize for the winning team with the highest total score!

The activity challenge will run from Friday, September 21st to Friday, October 5th.

How do I sign my organization up?

If you are interested in participating, you will need to:

1. Select a team captain to oversee your workplace or community group’s team. The team captain needs to register online and create their team at that time.
2. Email fhttomove@guelphfht.com with the name of your team captain.
3. Begin to rally teammates to join in on the fun! Starting **August 1st**, participants can register online at: <https://activitychallenge.guelphfht.com/> (You **must** register online in order to participate!)



Questions?

Email: fhttomove@guelphfht.com