



# 2019 ALPHA FITNESS CHALLENGE



## alPHa

Association of Local  
PUBLIC HEALTH  
Agencies



Once again alPHa is sponsoring its Annual Health Unit Employee Fitness Challenge, which will take place on Thursday, May 09<sup>th</sup>, 2019. The challenge to our members is to involve the entire staff in physical activity for at least 30 minutes on May 09<sup>th</sup>.



## HERE'S HOW TO PARTICIPATE

**READY** - Designate someone to co-ordinate and keep count of your participants and their activities.

**SET** - Participation of a minimum of 30 minutes of physical activity on May 09th.

**GO** - Have your designated co-ordinator complete the results form and email it back to us at [info@alphaweb.org](mailto:info@alphaweb.org).

## Easy Tips to Get Active!

**At Home** - Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash. Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.

**At Work** - Many of us have sedentary jobs. Why not brainstorm project ideas with a coworker while taking a walk or walk during business calls when you don't need to reference important documents? Stand while talking on the telephone. Walk down the hall to speak with someone rather than using the telephone.

**At Play** - Play and recreation are important for good health. Look for opportunities to be active and have fun at the same time: Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.). See the sights in new cities by walking, jogging or bicycling. Make a date with a friend to enjoy your favorite physical activities. Do them regularly. Play your favorite music while exercising.

*Completed forms must be received by 12:00 noon on  
Tuesday, May 14, 2019*

## HERE ARE THE RULES

A health unit must have the highest percentage of staff participation and complete the attached alPHa Fitness Challenge Form. All health units with 100% group participation will be considered winners.

## CONTEST RULES AND GUIDELINES

**1** - Only those employees considered as "health unit staff" are eligible.

**2** - All employees working on May 09<sup>th</sup>, 2019 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 09<sup>th</sup> and should take place between normal business hours; 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 activity.

**4** - Any physical activity of a 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** - The winning health unit (s) may be asked to lead an exercise break at the alPHa 2019 annual conference in Kingston.

## AND THE WINNER IS ..

The results will be broadcast on the allhealthunits listserv on Thursday May 16th. The winning Health Unit(s) will also receive an award at the 2019 alPHa Annual General Membership meeting in Kingston, June 9-11

# 2019 alPHa Fitness Challenge Result Form

(deadline for submitting your completed form is noon on Tuesday, May 14)

Health Unit: \_\_\_\_\_

Co-ordinator(s): \_\_\_\_\_

Contact E-mail: \_\_\_\_\_

Number of Staff at work on May 09<sup>th</sup>, 2019: \_\_\_\_\_

Number of staff participating in at least 30 minutes of physical activity: \_\_\_\_\_

Health unit staff participation rate: \_\_\_\_\_

*If our health unit is a 2019 winner, we understand that we may be asked to lead an exercise break at the 2019 alPHa June conference in Kingston. Please check here to confirm:*

Please complete the following legibly:

Please identify the health unit **group activity** (include a **short summary report of the day's events**; photos, staff contribution and recognition welcomed).

Please list other activities staff participated in:

**Suggestions** for next year's event: (Requests for better weather can't be accommodated.)