

Dear aPHa Members,

Congratulations to all of the health units that took part in this year's aPHa Fitness Challenge!

We had 18 health units participate in a wide variety of activities that included an 80s Aerobics dance party, squash, indoor mini-putt, and a new twist on boot camp using decks of cards. Others did spin classes, weight training, soccer, walking stairs, circuit training, basketball, swimming and hockey. Renfrew County staff organized a bean bag toss as part of an obstacle course relay. Last week was Mental Health Awareness week and the Timiskaming Health Unit held an "Amazing Race Challenge" where they combined both physical challenges with mental health challenges. Hats off to Algoma Public Health's Wawa site where they braved the cold water and did a Polar Bear swim.

Congratulations to the two health units, Huron County Health Unit and Northwestern Health Unit, for achieving 100% participation from their staff members. Honorable mentions are extended to Public Health Sudbury & Districts for achieving 98% health unit participation.

**2019 aPHa Annual Fitness Challenge
Results**

Huron County Health Unit	100%
Northwestern Health Unit	100%
Public Health Sudbury & Districts	98%
Timiskaming Health Unit	94%
Grey Bruce Health Unit	93%
Durham Region Health Department	89%
Renfrew County and District Health Unit	80%
Porcupine Health Unit	76%
KFL&A Public Health	73%
Perth District Health Unit	70%
Lambton Public Health	61%
Algoma Public Health	59%
Chatham-Kent Public Health	57%
Middlesex-London Health Unit	56%
Thunder Bay District Health Unit	50%
Southwestern Health Unit	49%
HKPR District Health Unit	37%
Wellington-Dufferin-Guelph Public Health	25%