

2021 alPHa FITNESS CHALLENGE

alPHa

Association of Local
PUBLIC HEALTH
Agencies



The alPHa Annual Fitness Challenge is coming soon! All members - Medical/Associate Medical Officers of Health, Board of Health members and Affiliates - are encouraged to engage in masked and socially-distant fitness activities (on their own or with those in their household) that are at least 30 minutes in length during the month of May. The more often that you do this, the better!

New for 2021 - We are making things simple. No more paperwork! Participate and share it on your Twitter account. Don't forget to include in your tweet: a picture, @PHAgencies and #alPHa2021. We will also profile your Fitness Challenge activities on alPHa's Twitter account, e-newsletter, website and at the alPHa Conference which is taking place online on June 8th.



READY - Decide on an activity.

SET - Participation of a minimum of 30 minutes of physical activity.

GO! - Post your tweets with pictures and include @PHAgencies and #alPHa2021

REPEAT! - Keep participating!

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 and many of us are also working at home and missing the active transportation that we used to have going to and from work. Stand or walk around while talking on 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: Do these regularly.

Thank you for participating in the 2021 alPHa Fitness Challenge!