

GET *Active!* STAY *Active!*

4-week Workplace Wellness
Summer Challenge

JULY 17 - AUGUST 11



University
of Windsor

Developed by the Workplace Wellness Committee
in partnership with the Athletics & Recreational
Services and the Office of the President

How to PARTICIPATE?

1 Go to the challenge website to sign up and to download the tracking card.

2 During your breaks and at lunch, engage in physical activity such as walking, yoga, biking, running, Wellness Wednesdays sessions, etc.

3 Record the number of minutes that you were active on the tracking card.

4 At the end of the challenge, tally up the number of minutes you were active and submit your tracking card to:
employeeexperience@uwindsor.ca

5 All those who submit their tracking cards by August 14 will be entered into a prize draw

Workplace Wellness Committee will select winners in the following categories:

- 6**
1. Most active time recorded
 2. Most consistent participant
 3. Participation (everyone who participated in the challenge will be entered into a draw)

**HAVE
fun**

... BUT WAIT, THERE IS MORE!

Jul
17

WELLNESS CHALLENGE KICK-OFF EVENT

11:45 AM

Let's kick-off this wellness challenge together! Workplace Wellness Committee, in partnership with the Office of the President, are inviting you to join us on the River Commons (west side of Turtle Island Walk north of Lambton Tower).

This event will feature remarks from our President & Vice-Chancellor, Dr. Robert Gordon, a group walk, followed by an ice-cream social, and musical entertainment.

Remember to register to be entered into a draw. Prizes include 1-month Toldo Lancer Centre Full-Facility pass, UWindsor swag and more!

WHAT IF I CANNOT PARTICIPATE IN THE SUMMER WELLNESS CHALLENGE, CAN I STILL ATTEND THE KICK OFF EVENT?

Yes, of course! People may not be able to participate in this summer challenge for various reasons but all are welcome to join us on July 17 and take part in this fun event!

Aug
11

WELLNESS CHALLENGE WRAP-UP: POKER WALK 11:45 AM

Workplace Wellness Committee, in partnership with Athletics and Recreational Services, are inviting you to participate in the Poker Walk, a fun event that will conclude the Get Active! Stay Active! summer wellness challenge.

HOW DOES IT WORK?

No knowledge of poker is required! Walk along a designated route and collect playing cards at different stations. At the end of the walk, participants with the best poker hand and the worst poker hand win a prize.

WHAT IF I DID NOT PARTICIPATE IN THE SUMMER WELLNESS CHALLENGE, CAN I STILL SIGN UP FOR THE POKER WALK?

Yes, of course! If you didn't take a part in the **Get Active! Stay Active!** challenge, you can still join your colleagues in this fun activity!

Through this Poker Walk, we would also like to support the Campus Food Pantry, run by the University of Windsor Students' Alliance. You are encouraged to bring a non-perishable food item(s) such as canned soup or vegetables, nut butter, jam, boxed rice, etc. – a drop off point will be set up at the first Poker Walk station.

If you are interested in registering for the Poker Walk, stop by the **Get Active! Stay Active!** challenge website to learn more. Registration details, rules and other information will be available on July 21.

Questions? Send us a note to:
employeeexperience@uwindsor.ca