

MIDDLESEX-LONDON

UP FOR THE COMMUNITY CHALLENGE?



 **in motion**[™]
Physical Activity - do it for life!

JOIN THE CHALLENGE THIS OCTOBER

Everyone in London and Middlesex County is invited to participate in a 31-day physical activity challenge during the month of October.

WHY JOIN THE CHALLENGE?

It's a fun and easy way to feel energized, get healthy and reduce stress with your family, friends and community

HOW TO JOIN:

- 1** Set a physical activity goal. Ask others to join or make a team.
- 2** Dance, run, swim, walk...
- 3** Track your physical activity minutes one of two ways:



Use the FREE **in motion**[™] Community Challenge App (available at inmotion4life.ca or the App Store).



Use the paper tracking tool (available at local locations or for download at inmotion4life.ca). See website for pick-up and drop-off locations.

- 4** Submit your form by the **first week of November**.

Join forces with your community this October to help make Middlesex-London Canada's Healthiest Community

Visit inmotion4life.ca for more information