

MIDDLESEX-LONDON

UP FOR THE COMMUNITY CHALLENGE?

JOIN FOR 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



MIDDLESEX - LONDON
Building Canada's
Healthiest Community



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