Activity #6 – Fitness/ Healthy Eating Challenge

There are all kinds of fitness challenges out there on the web. Wellness Fits developed the resources and templates for the ‘Fall into Motion’ challenge. The goal of any fitness challenge is to encourage people to become more physically active. Participants of the Fall into Motion challenge earn points for being physically active, and if they are active with a team of coworkers, then they get bonus points.

The full instructions, templates, posters etc are found here: <https://www.wellnessfits.ca/sites/default/files/resources/physical_activity/PA_act_tools.pdf>

Ideas for other fitness challenges can be found at the following links:

<http://30dayfitnesschallenges.com/>

<https://www.pinterest.com/allonsy44/monthly-fitness-challenges/>

Cultural adaptation –

A way to adapt a healthy eating challenge to make it more culturally relevant would be to have a traditional foods challenge. Participants challenge themselves to eat as much traditional food as possible throughout the week and track it in a food diary.