



# HEALTHY LIVING challenge



## TEAM CHALLENGE VIRTUAL INSTRUCTIONS

Have you ever said, *I need to exercise more* or *I'm going to eat healthier*, but needed the motivation to be disciplined? EWSNetwork is challenging you to put some healthy living habits into practice. Are you up for it?

### Welcome to our VIRTUAL Healthy Living Challenge!



#### It's Simple...

Complete healthy tasks and earn points for your team!

During the challenge, each individual will submit daily exercise minutes and completed healthy tasks found on your Team Challenge webpage.

To encourage participants of all athletic abilities, there is a daily exercise maximum of **60 minutes**.

### INDIVIDUAL SUBMISSIONS AND LEADER BOARD UPDATES

Each day, please visit your Team Challenge website. You will be asked to click on your Team Name and submit your total exercise minutes along with any other healthy habits completed that day. We are working on the honor system!

The Team Leader Board will be updated once per week. The team with the most points, wins!

#### Here are some examples of exercise activities you can do!

Brisk walking, jogging, using a rowing or elliptical machine, swimming, playing a sport, resistance training, yoga... any *intentional* physical activity outside of your usual daily activities.



Be sure to check out the Team Challenge Resource Centre for helpful tips, guides, and recipes to help you while completing the challenge!