



HEALTHY LIVING challenge



TEAM CHALLENGE 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 Healthy Living Challenge!



It's Simple...

Complete healthy tasks and earn points for your team!

During the challenge, individuals will track daily exercise minutes and completed healthy tasks on the Scorecard. Each week, completed Scorecards will be given to the Team Captains. Be sure to check out the Team Challenge Resource Centre for tons of great tips and recipes.

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

TEAM CAPTAIN SUBMISSIONS AND LEADER BOARD UPDATES

Each week, Team Captains may visit the Team Challenge website to submit team scores. They will be asked to click on the Team Name and submit total team scores. 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.



Check out the Wellness Challenge Resource Centre for helpful tips, guides, recipes, and more!

www.ewsnetwork.com/HLC-Resources