

# GET ACTIVE! GET HEALTHY!

## Physical Activity Challenge

May 27 to July 7, 2019

Challenge yourself to be more active in 2019!

**Join the Online Challenge now!**



### THE WEEKLY CHALLENGE TOPICS

Week 1 *Physical Activity Guidelines 101*

Week 2 *Sit Less - Move More!*

Week 3 *Build Those Muscles and Strengthen Your Bones*

Week 4 *Physical Activity and Your Mind*

Week 5 *Let's Keep Moving! Staying Motivated*

Week 6 *A Relapse is OK*

### WHAT'S IN IT FOR YOU?

Help you and your family reach your physical activity goals, supported by easy to use strategies.

Learn more about being and staying active and learn new skills.

Find tips and resources to help you stay active.

Have a chance to win weekly prizes as well as a grand prize!

### JOIN TODAY

[www.wechu.org](http://www.wechu.org) or 519-258-2146 ext. 3200

