



in motion™

Physical Activity - do it for life!

GET MOVING CHALLENGE

Try 30 minutes a day of physical activity!

Let us know how YOU were *in motion* from February 15-28th and you could win the Grand Prize: Family Lift Tickets (2 adults, 2 children) to Poley Mountain.

www.inmotionNBemouvement.ca

Winter in motion ideas

- | | | |
|---|--|---|
| <input type="checkbox"/> Go for a hike | <input type="checkbox"/> Skating | <input type="checkbox"/> Shovel a friend's sidewalk |
| <input type="checkbox"/> Centennial Park | <input type="checkbox"/> Snowboarding | <input type="checkbox"/> Build a snow person |
| <input type="checkbox"/> Irishtown Nature Park | <input type="checkbox"/> Ice fishing | <input type="checkbox"/> Go sliding |
| <input type="checkbox"/> Mapleton Park | <input type="checkbox"/> Orienteering | <input type="checkbox"/> Have a snowball toss |
| <input type="checkbox"/> Riverfront Park | <input type="checkbox"/> Ice climbing | <input type="checkbox"/> Go for a family walk |
| <input type="checkbox"/> Lillas Fawcett Park /
Silver Lake | <input type="checkbox"/> Tobogganing | <input type="checkbox"/> Make a snow angel |
| <input type="checkbox"/> Sackville Waterfowl Park | <input type="checkbox"/> Mountain biking | <input type="checkbox"/> Look for animal tracks |
| <input type="checkbox"/> Dobson Trail | <input type="checkbox"/> Curling | <input type="checkbox"/> Have a screen-free day |
| <input type="checkbox"/> Dieppe Rotary Park | <input type="checkbox"/> Ringuette | <input type="checkbox"/> Line dancing |
| <input type="checkbox"/> Cross country skiing | <input type="checkbox"/> Hockey | <input type="checkbox"/> Play ball hockey |
| <input type="checkbox"/> Snowshoeing | <input type="checkbox"/> Snow baseball | <input type="checkbox"/> Join a gym |
| | <input type="checkbox"/> Build a snow cave | <input type="checkbox"/> Walk to school every day |

Let us know how you were *in motion*.

Send us your stories and pictures to win!

Name: _____

Address: _____

Telephone: _____ - _____ - _____ e-mail: _____

Physical activity level: low medium high Sex: M F Age: _____

How many times from February 15-28 were you in motion for 30 minutes? _____

This is what I/we did: _____

By participating in this challenge, permission is given to use your story and/or image in promotional materials.

MAIL YOUR ENTRY TO: PO BOX 1604 MONCTON, NB E1C 9X4