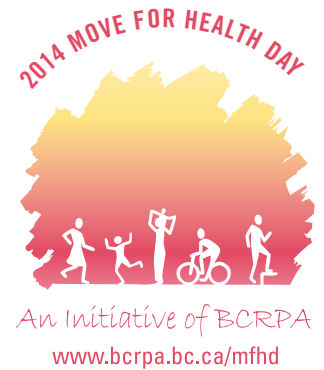


# 2014 Move For Health Day

## Ideas to Get You Going

- › Challenge schools in your community to participate in a walk to school challenge and see how many students you can get walking, biking or rolling to school. In the past, the numerous schools issued a school physical activity challenge to see which school had the greatest number of active students either on the way to and from and/or during school.
- › Organize an “intergenerational” game night. Invite seniors and children to play together in active games.
- › Organize a walking club inside your building. Determine how many “walks” around the inside corridor of the building it takes to complete one mile. Track how far residents walk and provide prizes for certain milestones.
- › Participate in the Community Move for Health Day Challenge. In the past, hundreds of town/city hall employees from all over BC have taken part in a noon hour walk led by their mayor.
- › Offer free access to your recreational facilities.
- › Organize a walk, push and wheel to a local park or community spot.
- › Coordinate organized activities on the school playground. Ask the older students to lead the younger students in various games and activities.



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**Healthy FamiliesBC** 

