

2013 Move For Health Day



Move For Health Day Challenges: Tips for Planning Your Event

1. Choose the type of Challenge you would like to do. Examples are: Community Challenge, Local Government Challenge, Super Splash Challenge, Chief's Walk Challenge, School Challenge, or create a new challenge. Encourage a friendly rivalry between communities.
2. Register your event and anticipated number of participants at www.bcrpa.bc.ca/mfhd.
3. Schedule your event. Invite your community, mayor, councillors and other dignitaries to attend.
4. Contact your communications department to tell them what you are planning and find out if they can be of assistance in getting the word out.
5. Check out the Move for Health Day website (www.bcrpa.bc.ca/mfhd) and find resources and communications tools to help you plan your Move for Health Day event.
6. If you're planning a walk or run, map out your route. Choose a simple, accessible route approximately 1 to 2 km in distance.
7. Make sure that your meeting/starting place is of sufficient size for the numbers you are expecting.
8. Book and arrange for set up of any necessary equipment, such as a podium for opening remarks, a microphone or other AV equipment.
9. Contact potential sponsors for prizes and/or refreshments.
10. Promote the event:
 - Use the Move for Health Day Challenge posters. (available on www.bcrpa.bc.ca/mfhd)
 - Post information on your website and/or in newsletters and info boards.
 - Ask the mayor, chief or principal to issue a personal invitation to the community to participate.
 - Ask employers and departmental managers to encourage participation.
 - If you have a wellness committee, get them involved in promoting the event.
 - Contact your local media to let them know of the event. (media support materials available at www.bcrpa.bc.ca/mfhd)
11. Ask for volunteers to help you out on the day of the event.
12. Have fun at your event!
13. Afterwards, enter the number of participants on the Move for Health Day website www.bcrpa.bc.ca/mfhd so the media and others will know participation numbers.



Contact:
mfhd@bcrpa.bc.ca



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Healthy FamiliesBC



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