



30 For 30

WORKSPACE CHALLENGE

We're inviting community partners and businesses to encourage staff to join the challenge: Move your body for 30 minutes a day for 30 days!

Let's work together to prove we are Canada's Most Active Community and win \$100K for Kamloops!

How can you participate?

1. Register your Organization at ParticipACTION.com.
2. Plan to get Moving - take movement mini-breaks, start a lunch hour walk, have a team building activity!
3. Enter the "movement minutes" for your organization into the website.
4. Download the app on your [iPhone](#) or [Android](#) and "join the challenge" to continue supporting throughout the day!

Plan walking meetings, build incentives, team up with you colleagues, or challenge another Kamloops business to move 30 mins each day - every movement counts!

For more info,
how to's and
ideas to get
your group
moving, email:
[playkamloops@
gmail.com](mailto:playkamloops@gmail.com)



Connect with us
@PLAYKamloops

