

Winkler Activity Challenge Bingo: Earn awesome prizes and help Winkler increase its chance to win \$100,000 for recreation and physical activity services!

C.W. Wiebe Medical Centre has teamed up with Winkler Recreation to host a Winkler Activity Challenge where you can win awesome prizes! We are challenging you to move, play, and be active as you can from June 20th-26th. Submitting your activity minutes will earn you an entry in a grand prize draw! You can participate as an individual or team of up to 4 people. Prizes will also be awarded to the top individual participants for each age category, and top teams (of 1-4 people of any age). Any physical activity counts! Some examples of ways you can be active include playing sports or active games, working out or exercising, going for a walk, and/or a bike ride.

Age categories for the contest are:

- 12 and under
- 13-20
- 21-50
- 51 and up.

Physical activity minutes can be submitted to the Winkler Activity Challenge until June 29th at noon central at the following link [HERE](https://www.cognitoforms.com/NolanTurnbull/WinklerActivityChallengeJune20June26):


<https://www.cognitoforms.com/NolanTurnbull/WinklerActivityChallengeJune20June26>

Participants under 18 require permission from a parent or guardian to participate in the Winkler Activity Challenge.

Participants can increase their chances of winning external prizes from ParticipACTION by tracking their activity in the ParticipACTION app, which can also help Winkler win 100,000\$ towards physical activity and recreation initiatives.

Inspiration for some ways to be active can be found on this Active Bingo card created by the Kinesiologist at C.W Wiebe Medical Centre:

Have fun with this Active Bingo card created by the Kinesiologist at C.W Wiebe Medical Centre. Be sure to log all your activity in the ParticipACTION Community Better Challenge for the chance to win prizes!

Move for 1 minute	Take ten deep breaths	Break up your sedentary activity with a movement break	Look up recreation services in your community	Explore and try a different interest or hobby for one day
Attend an activity event (Morden and Winkler Recreation are hosting events) in June!	Limit screen time to 2 hours outside work, school, or volunteering	Move for 5 minutes	Log your activity on the ParticipACTION website	Try a new movement, game, or exercise
Talk to a friend or family member about movement	Be active outside for at least 30 mins	Free Space 	Take an activity break during commercials or at the end of episodes	Make a list of 5 movements or physical activities you enjoy or want to try
Sit for less time than you normally do	Download the ParticipACTION app	Move-in place, stand-up, dance, or stretch during ads while watching media	Spend some time outside	Talk to your health care professional about movement and physical activity
Take active transportation if possible or try to take breaks to stretch at work or school	Play an active game that involves physical activity	Do meditation or Yoga for 5 minutes.	Meet the Canadian activity guidelines (150 minutes) throughout a week	Move for 10 minutes

Terms and conditions:

Tracking your activity from June 20-26 and entering it at <https://www.cognitoforms.com/NolanTurnbull/WinklerActivityChallengeJune20June26> will enter you in a chance to win prizes for the Winkler Activity Challenge with prize draw and winners to be announced by July 5th 2021.

C.W. Wiebe Medical Centre, Southern Health Sante Sud, and the City of Winkler are not responsible for any damages that may occur due to your participation in the Winkler Activity Challenge, and/or ParticipACTION Community Better Challenge.

The ParticipACTION Community Better Challenge is supported by the Government of Canada. ParticipACTION, The Government of Canada, and their partners are not responsible for any damages due to your participation in the challenge or related events.

More info can be found at: <https://www.participaction.com/en-ca/programs/community-challenge>

For Morden events and challenge info: <https://www.mymorden.ca/participaction>

Contact Nolan at 204-325-4312 @ext. 3343 for more information, or with any comments, questions, or feedback related to the Winkler ParticipACTION Community Better Challenge.