

**From:** Karen Reece <[karen@alphaweb.org](mailto:karen@alphaweb.org)>  
**Sent:** Wednesday, March 20, 2019 11:21 AM  
**To:** All Health Units <[AllHealthUnits@lists.alphaweb.org](mailto:AllHealthUnits@lists.alphaweb.org)>  
**Cc:** various recipients  
**Subject:** 2019 aPHa Boards of Health Fitness Challenge

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**To Boards of Health Chairs please print, post and circulate widely – 2019 aPHa Fitness Challenge**

**Attention: All Board of Health Members**

You might have heard about the aPHa Fitness Challenge for Public Health Units, well, we are pleased to tell you that there is now one for **Boards of Health!**

**The challenge to our Board of Health members is to involve the entire Board in a 30-minute walk, wheel, whatever.....just be active for half an hour!** Any Board of Health that achieves a 100% group participation will be deemed a winner, any Board of Health that receives 95% or better will also receive an honorable mention.

Remember, the key to completing this challenge successfully is 100 % Board of Health participation.

**CORRECTION:** Please send us all your photo`s to Loretta Ryan at [loretta@alphaweb.org](mailto:loretta@alphaweb.org) or at Twitter <https://twitter.com/phagencies?lang=en>  
Attached are the rules and regulations.

Good luck to everyone, and we'll see you all at the finished line!

Take Care,

Loretta

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Loretta Ryan, CAE, RPP  
Executive Director  
**Association of Local Public Health Agencies (aPHa)**  
2 Carlton Street, Suite 1306  
Toronto, ON M5B 1J3  
Tel: 416-595-0006 ext. 22  
Cell: 647-325-9594  
[loretta@alphaweb.org](mailto:loretta@alphaweb.org)  
[www.alphaweb.org](http://www.alphaweb.org)



# alPHa

Association of Local  
**PUBLIC HEALTH**  
Agencies

## **2019 ALPHA FITNESS CHALLENGE FOR BOARD OF HEALTH MEMBERS**



alPHa is inviting all Boards of Health to participate in the Fitness Challenge!

The challenge to our Board of Health members is to involve the entire Board in a 30-minute walk, wheel, whatever.....just be active for half an hour!



## HERE'S HOW TO PARTICIPATE

**READY** - Designate someone to co-ordinate and keep count of your participants.

**SET** - Participate in a minimum of 30 minutes of walking or wheeling during the months of April or May as part of a Board of Health activity. Can't get together? You can still participate and head out on your own! As long as everyone on the Board participates, you are a winner!

**GO** - Have your designated co-ordinator complete the results form and email it back to us at [info@alphaweb.org](mailto:info@alphaweb.org).

## EASY TIPS TO GET ACTIVE!

**Before or After Your Board of Health Meeting** - Go out for a 30-minute walk before or after your Board meeting in April or May.

**At Lunch** - Many of us have sedentary jobs, why not brainstorm project ideas with fellow Board members during a lunchtime walk or wheel?

**After work or on the Weekend** - Not enough time before or after your Board meeting and lunch time is too busy? Set up another date and time to meet in April or May and go for a walk or wheel!

[Completed forms must be received by 12:00 noon on Friday May 31, 2019; send them to \[info@alphaweb.org\]\(mailto:info@alphaweb.org\)](#)

## 30-minute walk...wheel...whatever!

### HERE ARE THE RULES

Boards of Health must complete the attached alpha Fitness Challenge Form. All Board of Health with 100% group participation will be considered winners

### CONTEST RULES AND GUIDELINES

- 1 - Only members of Boards of Health are eligible.
- 2 - The 30-minute walk or wheel can be completed anytime during April or May and it is encouraged that this takes place before or after the May meeting. If no meeting is scheduled then the Board members are encouraged to get together and walk or wheel at another time.
- 3 - Board members can complete their 30-minute walk or wheel individually, however, it is encouraged that this to be a group activity.
- 4 - Any 30-minute walk or wheel will be considered as an eligible activity.
- 5 - The winning Board of Health(s) will be recognized at the Conference in June.

### AND THE WINNER IS ..

The results will be broadcast on the allhealthunits listserv in June and via alpha's Twitter account: @PHAgencies. The winning Board of Health(s) will also receive an award at the 2019 alpha Annual General Membership meeting in June.

# 2019 BOARD OF HEALTH aPHa FITNESS CHALLENGE

Deadline to submit: Friday, May 31, 2019

Email completed form to: [info@alphaweb.org](mailto:info@alphaweb.org)

Please fill in the fields below:

BOARD OF HEALTH: \_\_\_\_\_

COORDINATOR(S): \_\_\_\_\_

COORDINATOR'S EMAIL: \_\_\_\_\_

Number of Members on the Board of Health (incl. Chair): \_\_\_\_\_

Number of BOH members participating in at least 30 minutes of physical activity: \_\_\_\_\_

BOH member participation rate: \_\_\_\_\_

If BOH members participated in a **group activity**, please include a short description of the activity:

If BOH members participated as individuals, please list the activities they participated in: