

WALK INTO SOME AMAZING PRIZES!



STEP
into it!

GOLD LEVEL

20 days completed

- \$250 Gift Certificate from Sport Chek
- Thermea Spa Package
- Fitbit Wristbands (2)



SILVER LEVEL

15 days completed

- Manitoba Moose tickets (2)
- Rec Services Fitness Class (2)
- Massage session with Jason Matthes of AAA Mobile Massage (2)
- Athletic Therapy Session with Andrea Wazney of Rebels Athletics (2)
- Athletic Therapy Session with Stephanie Smith of Rebels Athletics (2)



BRONZE LEVEL

10 days completed

- Gatorade bottles, towels, powder tins
- Yoga mats
- Rebels swag
- Ladderball Set
- Gym bag
- Much more!



Visit rrc.ca/wellness

for more information

The Red River College
Wellness Committee
presents:

Get Movin' Challenge

Go Toe to Toe with your Colleagues,
and move your way to improved health
and a chance to win some great prizes!

It's easy! Sign up by email at: wellness@rrc.ca or in person on Friday, January 29th in the Library Hallway, and for the month of February keep track of your steps. To qualify for prizes, 7000 steps per day is required for a minimum of 10 days during the month. The more days you reach 7000 steps, the better the prizes! Think reaching 7000 steps in one day is too difficult? Think again...

Here are some simple ways you can do it:

*Walking, running, sports, fitness class,
have a walking meeting, working out,
take the stairs, park further away,
walking lunch hour...*

Ready, Set, Go!

Keep track of your progress here.
For each day that you reach 7000 steps,
mark an "X" in the box. At the end of the
month, submit your results by email to:
wellness@rrc.ca or at the prize day party
held March 3rd in The Cave.

What is the Wellness Wheel?

The Wellness Wheel is...



February 29

February 28

February 27

February 26

February 25

February 24

February 23

February 22

February 21

February 20

February 19

February 18

February 17

February 16

February 15

February 14

February 13

February 12

February 11

February 10

February 9

February 8

February 7

February 6

February 5

February 4

February 3

February 2

February 1

