



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, click on the box of the thermometer to the right. 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.

- 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

