



Alberta Active Living Challenge Day



Thursday, May 20, 2010



A Challenge to get your School Community Moving!

WHO?

Any Albertan!! Spread the word...Get your school, community, or workplace involved.

WHAT?

Any Activity! Let's get as many people participating in physical activity as possible. All physical activities count!

WHEN?

Anytime on May 20, 2010

HOW?

Choose an activity the whole school or class can participate in for at least 30 minutes on May 20, 2010



No need to pre-register, just log onto www.provincialfitnessunit.ca on May 20, 2010 to count your activity in with the rest of Alberta! Add your individual or group's minutes to Alberta's total!

