

Everyday in May

Physical Activity Challenge

Great Prizes to be won!

- ★ 1 of 8 mountain bikes
- ★ Fitness equipment and sports gear

Take the challenge

Bike, walk the dog, dance or swim, there's lots of activities to choose from.

- Try to complete at least 30 minutes of activity every day in May
- Color in one tulip each day you are active
- At the end of the month, send us your activity log

Send to:

EDIM Challenge Contest
 Ottawa Public Health
 100 Constellation Cr. (26-42)
 Ottawa, ON K2G 6J8

By fax:

613-580-9653

- **Entries accepted between June 1- 22, 2009**
- Winners will be notified by July 10, 2009
- One entry form per person

Name: _____

Address: _____

Postal Code: _____ Phone #: _____

Age: _____ Male Female

1. Did you participate in last year's challenge?

Yes No

2. Where did you learn/hear about this challenge?

Radio Newspaper Family Friend

School Web site Colleague Work

Other _____

3. Do you intend to continue to be physically active?

Yes No Maybe

4. Any comments or suggestions? _____

Information: ottawa.ca/health 613-580-6744
activeottawaactif.ca

Get active your way, everyday.

