

## Team Registration Form

Team Name: \_\_\_\_\_

Team Participants (Please Print):

1. \_\_\_\_\_

ID#: \_\_\_\_\_

2. \_\_\_\_\_

ID#: \_\_\_\_\_

3. \_\_\_\_\_

ID#: \_\_\_\_\_

4. \_\_\_\_\_

ID#: \_\_\_\_\_

5. \_\_\_\_\_

ID#: \_\_\_\_\_

Team Captain:

6. \_\_\_\_\_

ID#: \_\_\_\_\_

NO COST!!! FREE for full-time UPEI students and current UPEI faculty & staff members.

Please complete and return to Angela Marchbank, Room #108, Chi-Wan Young Sports Centre.

REGISTRATION DEADLINE:  
Thursday, January 12, 2012

NOTE: This program is for full time UPEI Students, Faculty and Staff ONLY!

## Tips to help you get active!!!!

- **Choose a variety of physical activities you enjoy.** Try different activities until you find the ones that feel right for you.
- **Get into a routine** — go to the pool, hit the gym, join a spin class or set a regular run and do some planned exercise. Make it social by getting someone to join you.
- **Limit the time you spend watching TV** or sitting in front of a computer during leisure time.
- **Move yourself** — use active transportation to get places. Whenever you can, walk, bike, or run instead of taking the car.
- **Spread your sessions of moderate to vigorous aerobic activity throughout the week.** Do at least 10 minutes of physical activity at a time.

**Join a team** — take part in sports and recreation activities in groups. You'll make new friends and get active at the same time.

### UPEI Athletics & Recreation

Angela Marchbank  
Fitness & Wellness Coordinator  
UPEI Athletics & Recreation  
Chi-Wan Young Sports Centre

Phone: 566-0606  
E-Mail: amarchbank@upei.ca

**UPEI**  
UNIVERSITY  
of Prince Edward  
ISLAND

## UPEI Healthy Activity Challenge



Monday, January 16 -

Sunday, March 11, 2012

**Believe that you can  
succeed and you will!**

# A Physical Activity 'Team Challenge'

The Healthy Activity Challenge at UPEI is an opportunity for you and a group of your co-workers to participate in a fun 8-week physical activity challenge. It's simple, just record the number of minutes you are active daily. No need for pedometers. Your team captain will submit their team members weekly minutes of physical activity.

Regular physical activity and higher levels of fitness allow daily tasks to be accomplished with greater ease and comfort and with less fatigue. Research shows that as much as half the functional decline between the ages of 30 and 70 is due not to aging itself but to an inactive way of life.



## Lots of Benefits for joining this program!!!!

If you register to become a part of the UPEI Healthy Activity Challenge, UPEI Athletics and Recreation will provide you with the following:

- \* FREE access to the indoor walking track from January 6 - March 11, 2012 during regular operational hours. All participants will be responsible for following the rules & regulations of the facility and to bring their campus ID card to gain access to the track. Registering in this program will only provide you card access to the indoor track for the length of the challenge.
- \* FREE access to Fitness Classes (approx. 18 per week). A schedule of these classes can be found at: <http://ar.upei.ca/recreation/fitness/fitness-programming>  
*Please note that this does not include the user pay fitness classes; ie. Spin class, etc.*
- \* Participants will also have their names entered into weekly draws. Each participant will receive one ballot for every 225 minutes of physical activity.

Please note: if you currently have a membership to the Sports Centre or walking track you will not be reimbursed or have dates added to your membership. UPEI Athletics & Recreation have an exceptionally fair membership rate for UPEI employees; far below the price of a community membership. To learn more about memberships visit our website: <http://ar.upei.ca/recreation/fitness/memberships>



So get your co-workers together, form a team, pick a captain and a team name... Then walk on over to see Angela at the Sports Centre and register your TEAM!!!

If you do not have a team and wish to participate, please contact Angela (566-0606 or [amarchbank@upei.ca](mailto:amarchbank@upei.ca)) and she'll work on getting you on a team. We don't want anyone to miss out on a chance to be a part of this program.

### UPEI Athletics & Recreation

Angela Marchbank  
Fitness & Wellness Coordinator  
UPEI Athletics & Recreation  
Chi-Wan Young Sports Centre  
Phone: 566-0606  
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