



January 2022 Winter Active Challenge Sheet

Deadline to submit is Jan. 28th by 5pm
Send to info@recreationNS.ns.ca

Complete any FIVE challenges

- 1. Find a winter walk buddy (go on at least 3 walks): walk 1 walk 2 walk 3
- 2. Go sledding
- 3. Build anything but a snowman - get creative!
- 4. Collect items and build a winter wreath
- 5. Shovel the driveway (if you don't have a driveway help a neighbour)
- 6. Take a picture of yourself being active outdoors
- 7. Find animal tracks in the snow
- 8. Winter picnic--pack a thermos of soup and eat al fresco
- 9. Snowball fight
- 10. Use food colouring to make snow art

Instructions:

1. Complete 5/10 challenges, crossing them off as you go
2. Take pictures of yourself completing each challenge
3. Submit your pictures and challenge sheet to us at info@recreationns.ns.ca
4. Like @MakeYourMoveNS on [Facebook](#) or [Instagram](#)

Prizes: 3 x \$50 [Aerobics First](#) Vouchers. Three winners will be selected by random draw on Jan. 31st at noon.
Follow our [Facebook](#) and [Instagram](#) for updates.

