

Week 4 (May 21st - 27th): On the Water

Challenge: *On the Water*

Your challenge this week is to participate in a water activity, i.e.: swimming, canoeing, kayaking, paddle-boarding, etc. at least 2 times this week.

Your challenge this week is to get paddling or get involved in some other water activity. Whether you choose the solitary route of kayaking and paddle boarding or choose to join a dragon boat team, the water is calling you! Get out and get paddling twice this week to earn this badge.

Water naturally soothes the body and exercise helps to reduce stress. Being outdoors in nature and enjoying the sights, sounds, and colours help reduce stress levels.

Placing the paddle in the water and executing a good stroke is going to incorporate every muscle in the upper body. And in paddle boarding, you are doing a full body workout as leg muscles will be hard at work attempting to stabilize your center of gravity.

The goal is to log 50 000 Beat points per week (10 000 steps or points/day). It's a good idea to record your mileage daily even if you choose not to exercise. Daily journaling encourages you to reflect your progress and be mindful when you detour from your goal.

You will receive your Week 4 badge once you reach the 50 000 points mark for this week.

BONUS - Paddles up! - The Lethbridge Dragon Boat Festival is held June 22-24, 2018. If you are involved in any capacity, as a supporter, volunteer, or a paddler be sure to check off this bonus badge.