

## Week 5- June 3<sup>rd</sup>- June 9<sup>th</sup>

### Games Week

Is there any better way to get active AND have fun at the same time?! This week is all about engaging in games whether it be with family, friends or your team members. Our goal is to win the title of Canada's Most Active Community through our partnership with ParticipACTION. We have many accessible resources right here on campus, and the Sports & Recreation Fitness Centre is a great way for you to earn points! [Pre-register](#) so we know how many people are coming out! Games this week that hosted by the Fitness Centre include:

- Volleyball- June 3<sup>rd</sup> at noon
- Badminton- June 4<sup>th</sup> at noon
- Dodge ball- June 5<sup>th</sup> at noon
- Floor hockey- June 6<sup>th</sup> at noon



50,000 points will get you the Week 5 badge –enter your physical activity points on a regular basis.

#### Extra points/badges this week:

1. Take a photo of you and your partner participating in games week for some extra points – post on [UofLWellness](#) (Instagram) or [U of L Wellness](#) (Facebook). Email [wellness@uleth.ca](mailto:wellness@uleth.ca) to confirm for an extra **2000 points**.
2. There will be a badge for you to collect for every game you participate in this week. For example: **Badminton Badge, Dodge Ball Badge, Floor Hockey Badge, and Volleyball Badge**. Sign up ahead of time at [wellness@uleth.ca](mailto:wellness@uleth.ca).
3. [ParticipACTION](#) app – Download the app for your chance to win even more prizes!
4. Up to **10,000 points** for donating to the **Students' Union Food Bank** – most donations will earn 500 points; but [high demand items](#) will earn 1000 points each!
5. Bring your team members to one or all of the Games and get your **Week 5 Team Badge!**

Don't have a gym membership? If you are a new employee or haven't had a membership at SRS in the past 12 months, and you sign up for the payroll deduction plan between now and June 16, you won't have to start paying until the end of July! Stop in at the Customer Service desk or call 403-329-2706 for more info!



**MAY 1 - AUGUST 31**  
MONDAY TO THURSDAY  
5:30AM - 10PM  
FRIDAY  
5:30AM - 9PM  
SATURDAY & SUNDAY  
8AM - 8PM