

# Week 6- June 10<sup>th</sup>- June 16<sup>th</sup>

## Wrap up and Relaxation week

*That's a wrap! Even though the ParticipACTION challenge isn't over till the 16<sup>th</sup>, we still want to thank everyone for participating this year. **June 13<sup>th</sup> will be our wrap up ZUMBA activity with snacks and prizes. REGISTER** Let's keep moving towards our goal 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.*

*The focus for Week 6 is Relaxation and Rejuvenation. Being physically active is very important but it is also just as important to take time and relax, both mentally and physically. Examples include:*

- Deep breathing
- Meditation
- Listening to music
- Yoga
- Aromatherapy
- Other. What other ways do you use to relax?



50,000 points will get you the Week 6 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 relaxation techniques 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. **Zumba Wrap-Up badge** – snacks and prizes! June 13<sup>th</sup>! Sports and Rec Services **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! And for **tips on maintaining your healthy habits**.
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 our wrap up Zumba for your **Week 6 Team Badge!**
6. Practice a relaxation technique **twice** this week for your **Relaxation badge!**
7. [Register](#) to keep us in the loop as to what habits you will maintain and how until May 2020 for a **Brainiac Heart Smart prize and extra points**.

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!



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

