

Uniquely ME! Challenge for Guiders

Guiders On The Move!

In keeping with our triennial theme, Uniquely ME! MB Girl Guides is issuing the following Provincial Challenge to Guiders: get UP; get MOVING, and DISCOVER YOUR POTENTIAL!

Here are some ways you can become a *Guider on the Move!* (*Please remember: You should always consult your physician before starting any kind of exercise program.*)

1. Increase your current activity level by incorporating more walking into your daily activities.
 - purchase a pedometer at the Guide Shop or use your own pedometer each day for a week to find your average number of daily steps
 - each month, increase your average daily steps by 25% - download walking tips from www.girlguides.mb.ca or pick up a copy of *Walking & Activity Tips* from the Guide Shop
 - send in your weekly totals to help MB Girl Guides “walk” to Guiding Mosaic!
 - keep increasing your average daily steps until you reach 10,000 steps per day
2. There are many different ways to increase your current activity level, whether you are just beginning to learn about physical activity, or even if you already consider yourself to be fairly active! Pick up a copy of *Canada’s Physical Activity Guide & Handbook* at the Guide Shop or download it at www.hc-sc.gc.ca for more tips on how you can incorporate activity into your daily life – tips for at home, at school, at work, at play, and even on the way! So go ahead and play that active game with your Unit - even an increase of 10 minutes brings you health benefits, and all those 10 minute sessions add up toward our goal of 30 – 60 minutes of physical activity per day! Keep track of your minutes of physical activity each day and submit your weekly totals so you will be entered to win a prize!
3. Strength-training activities are crucial for the health of your bones, particularly for women. Going to the gym to lift weights is great, but not an option for everyone. Would you like to learn some strengthening exercises you can do at home, but you’re not sure how to get started? Download a copy of the *Inkster In Action Home Work Out Guide* at www.girlguides.mb.ca and use the logbook to keep track of your daily minutes of exercise, at home or at a gym, each week. Submit your weekly totals and be entered for a prize!
4. Participate in the 1st Annual Trick or Treat, Move Your Feet Walk/Run on Saturday, October 29, at Assiniboine Park. This event will be a great way for you to spend time being active with your friends & family while celebrating

Hallowe'en! Be a role model and show your kids how much fun it is to get outside and get moving! Proceeds support the MB Girl Guides Helping Hands fund.

5. Bring your unit to a provincial event related to the Uniquely ME! theme.

Prize draws will be made monthly; your weekly totals of steps and activity minutes must be received by 5:00pm on the last day of each month to be eligible. Fax your weekly totals to 774-9271 or email to info@girlguides.mb.ca. The more ways you participate, the more entries you will have in the monthly draw.

Keep watching the *Bison Bits* and *Buffalo* for updates and additions to the Guiders On The Move Challenge. All Participants who increase their activity level in at least 3 different ways will receive a certificate and special recognition at the annual! So let's get moving together – you'll be surprised what a little activity will do for you!