



Nipawin has accepted the Go Out & Play Challenge powered by Saskatchewan Blue Cross and we need all residents to help us win.

Nipawin is counting on residents, friends, neighbours and family members to get moving to win this year's Challenge, **March 1 – 10, 2018!**

Saskatchewan Blue Cross and Saskatchewan *in motion* have challenged communities across the province to Go Out & Play for a chance to win \$10,000! The community with the most minutes of physical activity logged during the 10-day challenge will win the grand prize. We want it to be us!

Nipawin plans to put the \$10,000 prize to good use. We will develop The Active Community Plan 2018 and increase the number of sidewalks around town making access to schools, parks, walking trails, and places of sport safer and more convenient.

Last year, the community of Langenburg won the Challenge by logging over 506,204 minutes of physical activity. It's easy to participate and register your minutes of physical activity online. Here's what you need to do **every day** of the challenge:

1. Be physically active.
2. Log on to the challenge website (challenge.saskatchewaninmotion.ca).
3. Register your minutes of physical activity to add to the Nipawin Community active plan total!

The **Go Out & Play Challenge powered by Saskatchewan Blue Cross** is designed to get communities working together to make a positive difference and get more kids active outdoors more often!

For more information, rules and regulations visit challenge.saskatchewaninmotion.ca. For great active games, go to Push2Play.ca!

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For more information or to find out how you can get involved contact:

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