



February 22, 2018

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

Kenaston 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!

Kenaston plans to put the \$10,000 prize to good use. We would like to continue to fix up the landscaping around the swimming pool making the facility more attractive and more of a family friendly place. Balance logs, outdoor gym equipment, climbing rocks, sprinklers, lighting, plants, shrubs and new grass would provide an optimal place for families to have picnics and for children to play while swimming lessons and public swim are on. This space would also improve the organized outdoor activities that the pool likes to offer during the summer (play days, slip and slide, and sprinkler fun).

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 Kenaston 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!

If you need help setting up your account, please go to the village office and Carman Fowler can help you or Faye McVeigh at the library!

Let's get moving and make Kenaston and the surrounding R.M's the most active community in Saskatchewan.

Our kids are counting on us.

Sincerely,

Elaina Guilmette

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Some Frequently Asked Questions:



How do I create an account to enter physical activity minutes?

Click on the following

website: <https://challenge.saskatchewaninmotion.ca/register>. Click on **Create a Profile**. You will need a valid email address to create an account. Fill in all the account detail fields and click register. Once you complete this, you'll receive a confirmation email to the address you provided. Please follow the instructions in this email to complete your account creation. Once complete, you can login and enter your minutes! ***You can have up to 10 people under your family profile***- so involve grandparents, cousins, friends and siblings (even if they don't live in Saskatchewan/Canada, their minutes can still count! The more people we have logging minutes the closer we are to winning \$10,000!

How do I enter minutes for each member of my family?

1. Log into to your account.
2. Select the community project.
3. Select a family member name and enter the physical activity minutes.
4. Repeat for each family member. A maximum of 120 minutes per person per day can be recorded (shoveling snow, house work, hockey, walking, Physical Education, recess, dance all counts!!)
5. Remember to log your minutes each day of the challenge.

I missed logging my minutes one day. Can I register yesterday's minutes?

No. You can only record the current day's minutes. It's important to log your physical minutes every day of the Go Out & Play Challenge.

What is a web-based challenge?

Internet access and valid email addresses are required to participate in the challenge. Participants will create individual or family accounts using a valid email address to log physical activity minutes through an online system during the challenge.

Who can create a profile on the Challenge website?

Anyone over 18 years of age can create profiles on the Challenge website. Children under 18 cannot create accounts without parental consent, but they may be part of a family profile created by a parent/guardian.

For Technical help: please contact in motion, where support staff is available Monday to Friday 8:00am-4:00pm: 306-780-9847