

THE TOWN OF MIDALE IS VYING FOR \$10,000 PRIZE!!

The Town of Midale is registered for the 2019 Saskatchewan Blue Cross Go Out & Play Challenge. The Saskatchewan in motion challenge offers communities a chance to win \$10,000 for a project that gets kids and families out to play. The community that moves the most during the 10-day challenge wins the grand prize. We want it to be us!

We need everyone to help us win. We're counting on residents, friends, neighbours and family members to get moving to win this year's challenge, MARCH 1 – 10, 2019!!

The Town of Midale plans to put the \$10,000 grand prize to good use. **The basketball courts revitalization and outdoor arena project** will provide a safe place for our youth, families and individual members of our community to keep physically active, enjoy the outdoors and socialize with other members of our community all year round benefiting them both mentally and physically.



It's easy to participate and log your physical activity online. Here's what you need to do **EVERY DAY** of the challenge:

1. Be physically active. Don't forget walking, active play and chores like shoveling snow!
2. Log on to the challenge website (challenge.saskatchewaninmotion.ca). Create a personal or family profile.
3. Log your minutes of physical activity to add to The Town of Midale's total every day.

The challenge is designed to encourage communities to think about the important role they play when it comes to providing opportunities for outdoor play. For more information, rules and regulations visit challenge.saskatchewaninmotion.ca.

Help our community win \$10K so Kids Can Play.
Create a profile, get moving and log your minutes EVERY day. We got this!
challenge.saskatchewaninmotion.ca

SASKATCHEWAN BLUE CROSS
in motion
Physical Activity - do it for life!