

# 50 Day Fitness Challenge

## How does it work?

Do any physical activity, each day, for 50 days. Post a photo or short video (30 seconds or less) of you doing the physical activity to our public facebook group. Search the group

**BBBS Yorkton & Area - 50 Day Fitness Challenge 2021** on Facebook and join it.

## Who can participate?

Anyone!

## When does it start?

Challenge starts the morning of April 8 and ends Thursday May 27, but entries will be accepted until May 31.

## What's in it for me?

Aside from the mental and physical health benefits of physical activity you can win a **prize** from Big Brother Big Sisters. There are **many prizes** to be won! You will receive an entry into our prize draw for each *like* of our Facebook page, for each activity post (one per day) and for each completed Activity Bingo card (one per person). The Bingo card is found in the facebook group.

## Activity Ideas:

jogging, going to the gym, jumping jacks, painting the shed, hopscotch, lawn work, playing fetch with your dog, housework, dancing, cleaning your room, playing catch, shooting hoops, aerobics video, yoga, lifting weights, biking, etc.

We will also post more activity ideas on a weekly basis.

