

You've Got Mail

Subject: Hey Shields, Let's Go Out & Play again this year!

Saskatchewan Blue Cross and Saskatchewan *in motion* have challenged communities across the province to go out and play for a chance to win \$10,000. Shields has accepted the challenge, and we're going to win!

The community that moves most during the 10-day Saskatchewan Blue Cross Go Out & Play Challenge wins the \$10,000 grand prize or \$5,000 second place. We'll use the grand prize money for the final fundraising needed for the sport court!



Last year was a huge success coming in second place and gave our community \$5000! We also hold the record for smallest community to win second. Now how about we try and hold the record for smallest community to win first!!!

We need your help to win. Here's what we need you to do:

1. Be physically active every day – go out and play! Walking, active play – even snow shoveling,, farm chores and walking at work count!
2. Create a profile on the Challenge website starting Feb 14th
challenge.saskatchewaninmotion.ca
3. Go to the Challenge website **every day March 1 – 10, 2020** to log your minutes of physical activity to add to Shields total! If you want daily reminders please let me know and I will remind you through email or text.
4. **Every minute counts!**
5. **Get 5 other people (or more!!) and their families outside the community to sign up! And remind them daily to log their minutes. This is how we did so well last year! Anyone from Canada or another country can sign up.**

**** Don't forget to log your minutes every day. You can't go back in time and log yesterday's minutes. ****

Local organizers have planned a few events to help get us moving during the challenge

1. Need help creating a profile? Feb 15 come to pot luck 530-830 at community hall and we can help! Or call Amanda anytime to get help (number at bottoms)
2. Walking group every evening 730pm-830pm March 1-10. Meet at the Cove Café. Bring your kids and pets!

We got this! Please pass this e-mail along to everyone you know. Encourage them to get active and log their minutes too. If everyone in our village can help sign up 5 other families from outside our village we have a great chance at taking home another prize amount and our sport court fundraising will be complete at \$90,000!

Thank-you,
Amanda Thiessen
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