



# Olympic Wellness Challenge

February 12-28, 2010

Get yourself involved in the Olympic movement! Work hard to be your best at the same time as our Canadian National team athletes work hard to be the best in Vancouver this February. In the spirit of the 5 Olympic rings we are challenging you in 5 different realms of Wellness:



1. Physical Activity
2. Rest & Relaxation
3. Nutrition
4. Mental Focus & Attitude
5. Stress Management



If you meet the expectations we've made in each of the realms, then you will achieve that wellness "ring". Based on how many rings you achieve you will qualify for the corresponding medal; and be entered in a draw (one for each colour of medal) to win some cool Olympic gear!

**Gold Medal:** All 5 rings achieved

**Silver Medal:** 4 of 5 rings achieved

**Bronze Medal:** 3 of 5 rings achieved

**Tin Medal:** 1 of 5 rings achieved

Sign-up at the front desk starting Monday Feb 8th, 2010

It's free to participate!

