



# ON YOUR FEET CHALLENGE

**October 10 to 28, 2022**

Ride your bike, walk or even dance your way across Canada. Are your calves ready?

It's time to register your school and mark the dates of the Challenge on your school calendar.

## WHAT'S THE ON YOUR FEET CHALLENGE?

This fall, active transportation and physical activity will be taking centre stage. Schools and families are invited to walk, bike or even scoot on a daily basis. Take on active challenges to travel as far as you can and collectively log the 6,000 kilometers between British Columbia and Newfoundland and Labrador.

Skateboarding to the park or scooting to a friend's house counts! Walking to school counts too!

**Let's get started!**

## HOW TO PARTICIPATE

### **Before October 10, 2022**

Register your school online at [onyourfeetchallenge.ca](https://onyourfeetchallenge.ca)

### **From September 1 to October 28, 2022**

Register yourself or your team (family, class, group) online at [onyourfeetchallenge.ca](https://onyourfeetchallenge.ca). Registration will open on September 1, 2022.

### **October 10 - 28, 2022**

Count the kilometers you travel by active transportation and record them regularly on [onyourfeetchallenge.ca](https://onyourfeetchallenge.ca) to help your school reach 6,000 kilometers!

# WHAT IS ACTIVE TRANSPORTATION?

Active transportation consists in getting from point A to point B by using your own steam instead of a motorized vehicle.

Modes of active transportation include :

- walking or running
- cycling
- scootering
- rollerblading
- running side-to-side
- walking backwards

The Challenge is a great opportunity for your students to try out some of these modes of transportation and to learn which they prefer.

# 4 GOOD REASONS TO ENTER

- 1 It's free, simple and a great way to discover the many modes of transportation. It's a fun and ecological reason to move and get around every day!
- 2 It creates a movement of solidarity, as we all travel the 6,000 km across Canada together.
- 3 It promotes healthy habits and helps kids to maintain good long-term health.
- 4 Participants can win many sport-related participation prizes.

## REGISTER YOUR SCHOOL TODAY!

[onyourfeetchallenge.ca](http://onyourfeetchallenge.ca)

Need more information?  
[onyourfeetchallenge.ca](http://onyourfeetchallenge.ca)

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