

ON YOUR FEET CHALLENGE

is cool!

October 16 to
November 10, 2023



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AMBASSADOR



What is the On Your Feet Challenge?

For 4 weeks, the On Your Feet Challenge invites students, families and school communities to accumulate 6,000 active transportation kilometers, the equivalent of going across Canada from coast to coast. Active transportation refers to getting around on your own steam, such as walking and cycling. It's a simple and effective way to improve your health.



En partenariat avec :
Québec

This project is funded in part
by the Government of Canada.
Canada

Sign up your class!

onyourfeetchallenge.ca

Get On Your Feet to cross Canada... or bust!

- Switch to active transportation to get around and accumulate as many kilometers as possible!
- Rack up kilometers by walking, running, cycling or jogging.*
- Discover a thousand and one ways to use active transportation, a fun reason to wear out your shoes!
- Collect tons of digital badges and be the envy of every Scout!

* Galloping, unicycling and skipping are allowed.

Over \$1,000 in prizes to be won!

By taking part in the On Your Feet Challenge, classes, families and schools can win one of the following participation prizes.

ÉCOLE
NATIONALE
DE L'HUMOUR

Secondary schools can win a comedy show experience worth \$1,000 offered by the National School of Humor.

 Sépaq

Primary schools in Quebec can win one of three (3) Sépaq virtual Aquarium du Québec experiences worth \$105 each.

SPORTCHEK

Primary schools in Ontario can win a \$500 SportChek gift card.

How to participate?

1. Go to the Collective Strides website, collectivestrides.ca – the Canadian Cancer Society's universal sign up platform – to create a personal profile.
2. Sign up your school for the Challenge.
3. Create a team and set a goal for the number of kilometers you want to cover.
4. Add up the kilometers traveled from your dashboard.
5. Check rankings and track your school's progress.
6. Encourage your community to use active transportation: it's good for your health and for the planet!