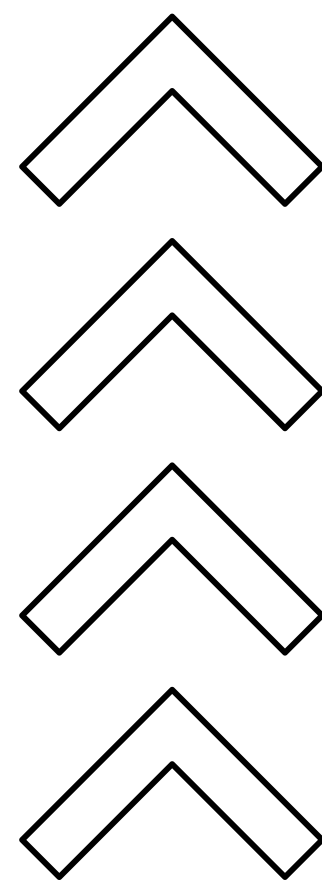


45-DAY GET ACTIVE CHALLENGE



This year we have changed the recording of ACTIVITY to **MINUTES** only. Dates for the 2026 GET ACTIVE CHALLENGE are the same as in the past, **April 1st to May 15th**. Club totals must be returned to us by May 22nd. **NO LATE ENTRIES WILL BE ACCEPTED.**

There will be certificates again this year and they will be presented to the winners at the convention in June:

1. Club with the highest average minutes per participant.
2. Club with the highest average minutes per club member.
3. Club with the highest percentage of club members participating.
4. Individual participant with the highest minutes.
5. Eldest participant with the highest minutes.

All active participants who are 90+ years young will be placed on this year's honourable mention list. Small clubs have the same opportunity as large clubs, so **let's all participate and GET ACTIVE.**

Record your TOTAL MINUTES of these ACTIVITIES for each day.

Aquacizing, Archery, Badminton, Baseball, Bowling, Canoeing, Curling, Cycling, Dancing, Disc golf, Exercising, Floor Hockey, Football, Frisbee, Gardening, Golfing, Hockey, House cleaning, Hunting, Kayaking, Lacrosse, Marathons, Miniature golf, Nintendo Wii Game, Pickleball, Ping Pong, Rodeo sports, Rowing, Running, Sailing, Skating, Skipping, Soccer, Squash, Swimming, Tennis, Track and Field, Volleyball, Walking, Water skiing, Weightlifting, Wheelchair sports, Yoga, Other.

For more information and to obtain Participant and Club Record sheets

- visit our website: saskseniors.com
- email: info@saskseniors.com
- phone: 306-493-3023

