



#DEAR TERRY

YOU RAN FOR US. NOW WE
RUN WITH YOU.



TERRY FOX RUN
SEPTEMBER 17, 2023

TEAM WELLNESS CHALLENGES

10,000 STEPS

Aim for 10,000 steps a day! See who can complete 5 successful days in a row first.

7 HOUR SLEEP RACE

You can't run if you're not rested! Try for at least 7 hours of sleep per night.

42-DAY WALKING CHALLENGE

Take a 15-minute walk every day for 42 days - bonus if you can encourage a walking buddy to join you!

VEG OUT

Get those vitamins! Eat at least 3 servings of veggies per day.

TAKE A MINUTE

For every 30 minutes of TV you watch, do as many squats/push-ups/calf raises as possible in 1 minute.

UNPLUG AND UNWIND

Stop electronic device use one hour prior to bedtime every night for a better rest.

STRETCH #GOALS

Stretching is key after a work out! Find free videos online - a challenging one post-exercise, and a calming one for bedtime.

Contact us: teams@terryfox.org

