

# You've Got Mail

Copy the following content into an email, add your community details and send it to everyone you know to get more physical activity minutes logged in the challenge!

**Subject:** Hey **Community Name**, Let's Go Out & Play!

Hello,

Saskatchewan Blue Cross and Saskatchewan *in motion* have challenged communities across the province to go out and play for a chance to win \$10,000. **Community Name** has accepted the challenge, and we're going to win!

The community that moves most during the 10-day Saskatchewan Blue Cross Go Out & Play Challenge wins the \$10,000 grand prize. We'll use the grand prize money for **project name and description**.

We need your help to win. Here's what we need you to do:

1. Be physically active every day – go out and play! Walking, active play – even snow shoveling counts!
2. Create a profile on the challenge website: [challenge.saskatchewaninmotion.ca](http://challenge.saskatchewaninmotion.ca)
3. Go to the challenge website **every day March 1 – 10, 2019** to log your minutes of physical activity to add to **Community Name's** total!
4. **Every minute counts!**

\*\* Don't forget to log your minutes every day. You can't go back in time and log yesterday's minutes. \*\*

Local organizers have planned a few events to help get us moving during the challenge. **Insert a few details about local events and where people can learn more.**

We got this! Please pass this e-mail along to everyone you know. Encourage them to get active and log their minutes too.

For great ideas to get active visit [Push2Play.ca](http://Push2Play.ca) or [saskatchewaninmotion.ca](http://saskatchewaninmotion.ca).

Thank-you,  
**Your Name**

