

Engage Your Mayor



Create a Friendly Wager

Do you have a friendly rivalry with a neighbouring community? Why not raise the stakes by asking your mayor to challenge a neighbouring mayor to a wager over which town can log more minutes of physical activity? The losing mayor might wear the winning community's hockey jersey or fly the neighbouring flag at their town hall. The sky is the limit with this one—have fun!

Lead by Example

Ask your mayor to create a profile on the Challenge website any time after February 14. Encourage them to log their physical activity minutes from March 1-10. Perhaps they would even take to social media on their own profile or the community's page to show your community's citizens how they choose to get active.

Host a Mayor's Walk

Your mayor might consider asking the community to come out for a group walk one day during the Challenge. This is a great way to include community members of all ages and skill levels. A stroll through your most-loved outdoor space is sure to help rack up those minutes!

Let your mayor know that we will make it worth their while.

Your community is eligible for bonus points for engaging your mayor. Here's how:

- ✓ Earn 1,000 bonus points if your mayor publicly challenges another mayor to a friendly wager. The mayor must either post the challenge on their own or the community's social media. Be sure to tag us in the public post and we'll add the bonus minutes to your total!
- ✓ Earn another 3,000 bonus points if your mayor creates an online profile and logs minutes of physical activity for at least 5 days of the Challenge. Remind them that any movement counts—even shovelling the snow or walking the dog! Let us know if your mayor will be participating by emailing [Brenden@saskinmotion.ca](mailto: Brenden@saskinmotion.ca). We'll keep an eye on your mayor's profile and award the bonus minutes once the conditions have been met!

As always, let us know if we can help!