



GLA Exercise Challenge

**It's time to get off the screens and get outside!
Run, walk, cycle, roll or wheel, just move
(20km in a month)**



This challenge is for GLA students only. Family members can participate but only students will be eligible for the draw at the end of the month.

- 1. You will need to download the NIKE RUN CLUB app (it's free)**
- 2. Once the app is downloaded, create an account. You will need an email address to do this**
- 3. Once you have created an account, email us at glarmstrongsc@hwdsb.on.ca and let us know what email address you used. You will then be added as a friend on the app. The reason we do this is so we can track your progress. It will also create a Leaderboard and track everyone's distance. Once you reach the target, you have completed the challenge! If you don't reach the target, don't worry! We just want you get moving.**

Not everyone will be able to download and use the app. If this applies to your child, they can still participate! Just send us an email and let us know that they are participating. By May 31st you will be responsible for filling us in on their progress in order to have your child's name put into a draw for a \$20 Concession Street gift card. All emails must have student's name, parent's name and phone number.

If you have any questions, please don't hesitate to email us any time!

please be sure to adhere to COVID protocols while out in our Community