

May is National Physiotherapy Month

Welcome to the ACCEL Physiotherapy and Sport Performance Centre "10,000 Step Challenge" in recognition of the 2016 NATIONAL PHYSIOTHERAPY MONTH.

Research has shown that walking is a simple and effective way to improve your mobility, cardiovascular as well as mental health. Striving to take 10,000 steps a day (the equivalent of walking roughly eight kilometers) will result in better strength, range of movement and best of all the burn of between 2000 and 3500 extra calories per week.

In an attempt to promote health and mobility amongst our clients, staff and partners, ACCEL Physiotherapy and Sport Performance Centre in Halifax and Dartmouth, challenge you to take 10,000 steps a day over a week in May.

So pick your team of 3 co-workers, friends, family, teammates, etc. and dust off those walking shoes for some fun, fitness, friendly competition and prizes! To track your steps you can use a known mapped distance (8km = 10,000 steps), a pedometer, or there are lots of free apps for smart phones. The Challenge is based on an honour system so please do not tie a pedometer to your dog or child!

Time line:

The Challenge runs 7 days from May 25- 31, 2016.

Team up and register:

Register your TEAM of 3 by May 24th by completing the attached registration form. Also attached is an individual log to document your steps. All logs must be submitted by June 3rd. Prizes will be determined and announced by June 5th.

Win!:

To motivate you we are offering some prizes. All teams that reach 210,000 steps (3 team members x 10,000 steps per day x 7 days) will be placed in a random draw for prizes including a pair of shoes donated by our partner **Soles In Motion!** As well, we will have prizes from the ACCEL Physiotherapy and Sport Performance Centre.

So take advantage of our Step Challenge...get ready to ACCEL with us this spring.

For more information please contact Karen Decker, Physiotherapist at (902) 446-4004.

Fine print: We are hoping that our partners will be as excited as we are about this National Physiotherapy Month Challenge; however, if there are less than 6 teams registered we reserve the right to cancel the challenge.



**ACCEL Physiotherapy and Sport Performance Centre
NATIONAL PHYSIOTHERAPY MONTH STEP CHALLENGE
Registration and Waiver**

Please have all team members read this waiver and sign below, and then return by:

- fax to (902) 406-8586 or
- email to info@accelphysio.ca

WAIVER: I know that participating in the ACCEL Physiotherapy and Sport Performance Centre (APSPC) NATIONAL PHYSIOTHERAPY MONTH Step Challenge is a potentially hazardous activity. The APSPC coordinators advise me to get a medical examination before starting any type of fitness or exercise program. It is my understanding that neither APSPC, nor any employee of APSPC, may be held liable for any injury occurring during my participation in the NATIONAL PHYSIOTHERAPY MONTH Step Challenge. I have read and fully understand the above waiver and sign it voluntarily.

Business/Sport Partner: _____
(if applicable)

Team name: _____

Team Captain: _____ **Email:** _____

Signature: _____ **Date:** _____

Team Member: _____ **Email:** _____

Signature: _____ **Date:** _____

Team Member: _____ **Email:** _____

Signature: _____ **Date:** _____