



YMCA
Lunenburg County

Race to the Olympics



500 Events in 30 Days!

YMCA Lunenburg County is sending out a challenge for you to improve your health and your community through its Race to the Olympics challenge. Did you know? The region of Lunenburg and Queens Counties are the highest ranked areas in the province for physical inactivity. Statistics Canada rank Lunenburg and Queens County activity levels lower than the provincial and national averages.

Commit to be healthier by saluting your country! In this four week challenge, teams will work together to complete the health and fitness challenges as set out in their coaches handbook. Start by choosing your country. You'll have four weeks to work as a team to reach 500 points.

Do you want a podium finish? Be the first to reach 100 points in each category. That's 500 points! The first team to reach 500 points WINS Gold. The second team to reach 500 points WINS Silver. The third team to reach 500 points WINS Bronze. The fourth team to reach 500 points WINS Platinum. Each level receives different recognition.



GET READY TO COMPETE...

- Choose the team you want to play for by placing your name on a Team Foster Sheet. Available Teams are England , Jamaica, Ireland, and Honduras.
- Visit membership services to register.
- Each team has a coaches handbook, which contains five different categories of challenges: red represents cardio, blue represents strength, yellow represents spirit, green represents nutrition and black represents wellness. Each category is worth 100 points. Team members must work individually to complete the specified challenges in order to accumulate points for their team. The first team to reach 100 points in each category, a total of 500 points wins Gold.
- When a team member completes challenges and earns points they can write it in their coaches handbook and place a sticker on their team ring. The ring is found on the display board in the YMCA Lobby. Be sure to update your stickers, so that your competitors can see how close you are to Gold.
- Celebrate! Join us for our closing ceremonies. Mark your calendars for Thursday, March 1st at 6:30 pm. Enjoy food and accept your medal!