



Be Active Yukon!

30 Day Challenge

PRESENTED BY



Official Participant Guide



Overview

Yukon's Chief Medical Officer says, "be active". So let's do it!

During these interesting times, Special Olympics Yukon is committed to the health and well being of the Special Olympics family and the community at large. Our aim for this challenge is to raise funds and awareness for Special Olympics Yukon during the COVID-19 Pandemic whilst encouraging Yukoners to be active outdoors (at a safe distance).

In light of the Coronavirus (COVID-19) outbreak, we recommend heading to Government of Yukon's website for up-to-date information. You can find more information here: <https://yukon.ca/covid-19>.





What is the Be Active Yukon 30 Day Challenge?

In short...

Be Active Yukon it is a step challenge in which Yukoners can compete for awesome prizes by tracking their steps over a period of 30 days (15 June - 14 July). We came up with this "virtual challenge" as a way to reduce the impact the current pandemic has had on Yukoners.

Did we mention prizes?

First off, all participants will get an official Be Active Yukon 30 Day Challenge shirt. WEAR IT PROUDLY!

Participating in the Be Active Yukon 30 Day Challenge has more than just health benefits and getting a shirt. We have plenty of incredible prizes up for grabs which means the more you "step", the better chance you have of winning an item listed in our extensive prize catalog.

Here's how the prizing works:

Let's say you have been really committed throughout the challenge and you finish on top of the leader board with all the steps you took during the 30 days. You will get to pick first from the Prize Catalog.

Your uncle "Boris" finishes 5th on the leader board and therefore will be 5th in line to pick from the prize catalog, after the 2nd, 3rd and 4th place finishers.

We will keep going down the leader board until all the prizes have been claimed.

Still not sure how this works? Email lwinlade@specialolympicsyukon.ca and Larissa will be more than happy to help you out.





What is the Be Active Yukon 30 Day Challenge?

Did we mention prizes? Continued...

Please note: Although anyone in Canada can participate in the challenge, only participants who reside in the Yukon Territory are eligible to win a prize.

All prizes must be picked up from the Special Olympics Yukon Office in Whitehorse after the challenge is complete. We will contact you to make arrangements.

How does the 30 Day Challenge help Special Olympics Yukon?

By participating in the 30 day challenge you are raising funds and awareness for Special Olympics Yukon. Registration to this virtual challenge is "by donation" meaning the "registration fee" is a donation to our organization in which you will be eligible for a charitable tax receipt.

In short, you're really helping our athletes out!

Need Help?

Our goal is to ensure your participation in the Be Active Yukon 30 Day Challenge to be as smooth and as fun as possible. If you're having issues with registration, downloading or connecting with our platforms, etc. Larissa will be more than happy to help you out. You can email her at lwinslade@specialolympicsyukon.ca



How To Register:

1

Sign Up

Register for the challenge by clicking on the link located at the top and bottom of this web page (specialolympicsyukon.ca/events). Once registered, you will receive an important email from Special Olympics Yukon. Please read through the email as it contains all of your next steps to register.

Please note: registration is by donation.

If you are a registered Special Olympics Athlete, please contact lwinlade@specialolympicsyukon.ca to sign up.

2

Connect

Now that you're registered, you will get an email that provides you instructions on how to download the free **Google Fit** app to your phone (Apple App Store for iPhone users and Google Play Store for Android users). You will also receive an invitation to join our **Be Active Yukon Count.It** group. This is how we will track everyone's progress and where you will find our leader board.



Please note: only connect using Google Fit.

Count.It offers compatibility to a number of different tracking devices and apps. That said, we want to ensure a level playing field and will not count steps from other tracking devices.

3

Team Participation (Optional)

Is your household taking on the challenge together? Perhaps your friends are looking for a way to virtually connect? Maybe this will be a great way to engage your coworkers?

If you want to create or join a team, please send your request to lwinlade@specialolympicsyukon.ca

How To Register:

4

Be Active & Sync Your Data

Once you have completed the steps outlined in your confirmation email, it's time to get active! **Google Fit** and our **Count.It** group will begin tracking your activity (it may take up to an hour for both systems to sync). Please note, the official 30 Day Challenge Count.It leader board will not open until June 15.



Even though Google Fit and Count.It may begin counting your steps before June 15, no activity before June 15 will count towards the challenge.

5

Track Your Progress & Win Prizes

Once the challenge begins on June 15th, track your progress on the official **Be Active Yukon 30 Day Challenge Count.It** page by clicking the "challenges" button on your home page. This is where you will find the leader board and track recent activity. Remember, the more steps you take, the better chance you have to win one of our many prizes!

Please contact lwinlade@specialolympicsyukon with any questions.



Be Active Yukon: 30 Day Challenge

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Home Hardware
Dana Klock Real Estate
ALX Exploration & Mining Supplies

Also... THANK YOU to all of our local prize donors!



**Be Active
Yukon!**
30 Day Challenge

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Official Prize Catalog



Special Olympics
Yukon
Be an



Prizing Catalog



Auston Matthews Toronto Maple Leafs Jersey - Men's Size 50

Donated Changing Gear



Branded Hoodie - Men's Size L

Donated by The Franchise

Return Flight for 1 Person

(Terms and Conditions apply)

Donated by Air North Yukon's Airline



Return Flight for 1 Person

(Terms and Conditions apply)

Donated by Air North Yukon's Airline



\$250 Gift Certificate

Donated by Air North Yukon's Airline



\$250 Gift Certificate

Donated by Air North Yukon's Airline





Prizing Catalog



Sharanel Fleece Lined Sweater - Men's Size M

Donated by Midnight Sun Gift Emporium



Master Chef Glass Coffee Press and 4 Glass Café Mugs

Donated by Whitehorse Canadian Tire

Basket of Hair Products

Donated by Head to Toe



Glass Art - Horse and Bird

Donated by Lumel Studio



Glass Art - Santa Snowman

Donated by Lumel Studio



Maroon Fanny Pack Purse and Earrings

Donated by Something More



Prizing Catalog



Toque and Gloves

Donated by Something More



Handbag/Backpack, Heart Pendant Necklace and Earrings

Donated by Something More

Special Olympics Team Yukon Jacket, T-shirt, Long Sleeve Wicking Shirts & White Toque - Men's XL

Donated by Special Olympics Yukon



John Tavares Autographed and Framed Memorabilia

Donated by Special Olympics Yukon



The Rock Ceramic Cookware Set, 10 piece

Donated by Whitehorse Canadian Tire

Prizing Catalog



Basket of Hair & Skin Products

Donated by Scissor Happy



Vermont Castings 750 sq. in. Pellet Grill BBQ

Donated by Whitehorse Canadian Tire

Grey purse, Tassel Earrings and Blue & Grey Scarf

Donated by Something More



"Walking out of the library at night" Framed Art Print by Chantel Goodman

Donated by Northwestel



Nespresso Inissia Coffee Machine by DeLonghi with CANVAS Espresso Cup Set

Donated by Whitehorse Canadian Tire



Glitter Clutch and Gold Color Necklace

Donated by Something More

Prizing Catalog



Framed Photo on Canvas

Donated by Stuart Spofford Photography

12 Bin Organizer

Donated by Whitehorse Canadian Tire



Small Denim Purse and Turquoise Earrings

Donated by Something More



PizzaCraft PizzaQue Propane Pizza Oven

Donated by Whitehorse Canadian Tire



Stan Lee Framed Collage

Donated by Special Olympics Yukon

Prizing Catalog



NOMA 100W Solar Panel Kit

Donated by Whitehorse Canadian Tire



Large Framed Photo

Donated by Stuart Spofford Photography

Jonathan Toews Kids Jersey Size S/M

Donated by Dave Pearson



Raptors Championship Framed Memorabilia

Donated by Special Olympics Yukon



Dark Brown Purse, Flower Scarf and Earrings

Donated by Something More

Prizing Catalog



7 piece Patio Set

Donated by Whitehorse Canadian Tire



Yellow Purse, Heart Necklace and Brown Earrings

Donated by Something More

ALX Branded Arctic Circle Parka, Navy and Red - Men's Size 2XL

Donated by ALX Exploration & Mining Supplies



Genuine Mongolian lamb's wool purse by Love's Pure Light (Available in Pink or Black)

Donated by Something More



Wooden Vegetable Storage Box

Donated and Handcrafted by Leo Chasse

Prizing Catalog



Black and Gold Purse, Scarf and Gold Color Flower Necklace

Donated by Something More



Smart Phone Photo Printer

Donated by Angellina's Toy Boutique

Spalding Hercules Portable Basketball System, 50"

Donated by Whitehorse Canadian Tire



ALX Branded Landmark Winter 3 in 1 Jacket - Men's Small

Donated by ALX Exploration & Mining Supplies



Mastervac Stainless Steel Wet/Dry Vacuum 15L

Donated by Whitehorse Canadian Tire

Prizing Catalog



Neoprene Purse and Scarf

Donated by Something More



Outdoor Croquet Set

Donated by Special Olympics Yukon

Beaded Clutch and Earrings

Donated by Something More



Maroon Wallet and Earrings

Donated by Something More



2020 Team Yukon Tim Hortons Brier Jersey - Worn by Thomas Scoffin

Donated by Special Olympics Yukon



DeWalt Drill Set

Donated by Special Olympics Yukon

Prizing Catalog



Supercycle Moonrider Kids Bike, 12" and Schwinn Helmet

Donated by Whitehorse Canadian Tire



Stanley ALX branded heavy duty stainless steel thermos

Donated by ALX Exploration & Mining Supplies

Oster 1.7L Illuminating Glass Kettle

Donated by Whitehorse Canadian Tire



ALX Branded Elevate Winter Jacket, Red - Mens XL

Donated by ALX Exploration & Mining Supplies



Light Brown Purse, Flower Necklace and Sparkle Hoop Earrings

Donated by Something More



Outdoor Bocce Set

Donated by Special Olympics Yukon

Prizing Catalog



**Grey Purse and rose gold color
Heart Necklace**

Donated by Something More

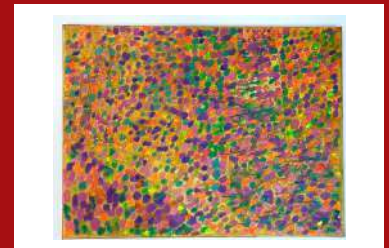


**Key Necklace, Medium Purse, Hoop
Earrings and Grey/Green color scarf**

Donated by Something More

Painting on Canvas

Donated by Queyanna Thompson



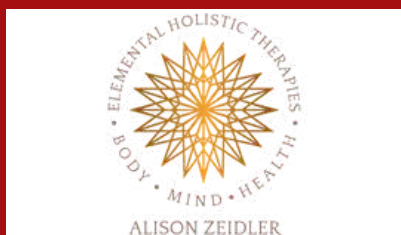
**Mountain Hardwear Down Filled
Winter Jacket, Yellow - Mens L**

Donated by Coast Mountain Sports



**Gift Certificate for Will and Enduring
Power of Attorney**

Donated by Tucker Carruthers

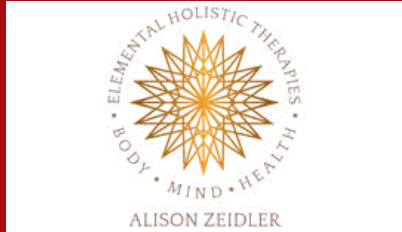


**Gift Certificate for two (2), 90 minute
Bioenergetic Wellness Sessions**

Donated by Alison Zeidler



Prizing Catalog



**Gift Certificate for one (1),
Foot Reflexology Session**

Donated by Alison Zeidler

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would like to thank ALL of
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