Sea2Sea Challenge

For over a decade, Sport Canterbury's Sea2Sea Challenge has encouraged South Canterbury workplaces, schools, community groups, families and individuals to get out and exercise every day. The aim of the annual event is to help South Cantabrians to develop a long-term exercise 'habit', leading to healthier lives.

By doing at least 30 minutes of physical activity each day, participants complete the 240km Challenge over 40 days, from the Tasman Sea to the shores of Caroline Bay. Although participants do not actually make the trip, the amount of physical activity they do over the 40 days should equal the distance of 240km.

Sport Canterbury's annual Sea2Sea challenge is a non-profit event funded by the South Canterbury District Health Board, organised by Sport Canterbury's South Canterbury Regional Office, and supported by the Heart Foundation, the Cancer Society, and many businesses in South Canterbury who donate their products and services. It is a free event for everyone who takes part.

"The Sea2Sea Challenge aims to self-motivate people who are already active, and for those who aren't, to provide them with an opportunity to complete the 240km with the support of others," says Sport Canterbury's South Canterbury Regional Manager Shaun Campbell.

Personal Activity Chart

Name: Workplace:

Sea2Sea Virtual Route
Do 30-60+ minutes of physical activity a day & complete half or all of the 240km Sea2Sea virtual route in 40 days. (30 mins=approx 3km)

Filling in the Chart
Record your points for the time you spend being physically active each day.

Record the time you spend being physically active & tick the ☑ if you have consumed 5 servings of fruit or vegetables.

PHYSICAL ACTIVITY
30-59 mins 1point
60 mins + ... 2 points
Maximum of 2 points per day

FRUIT / VEG
5 servings of fruit or veg consumed per day ..... 1 tick ☑
Maximum 1 tick ☑ per day

Once you have completed the Sea2Sea challenge, return your card to your workplace co-ordinator or to:
SPORT CANTERBURY PO Box 4053, Timaru 7942

START | M T W T F S S M T W T F S S M T W T F S S | PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA | M T W T F S S M T W T F S S M T W T F Total | PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA PA | FOLLOW YOUR JOURNEY

RETURN YOUR CARD TO BE IN THE DRAW FOR GREAT PRIZES

Taking part means that participants are being more active at their fitness level. Everyone from couch potatoes through to athletes can take part – the idea is for participants to push themselves and to be active every day. Activities might include having a walking meeting, biking to work, walking at lunchtime, moving the lawns or joining an exercise class. Participants also earn bonus points when they eat two servings of fruit and three servings of vegetables each day.

Many workplaces in South Canterbury make the Sea2Sea Challenge a regular feature of their staff health and safety calendar. Some businesses organise events for their staff, or encourage their staff to take part in events organised by local sports clubs.

In 2015, over 2,700 participants came from 138 workplaces and community teams. A survey conducted three months after the Challenge showed, on average, participants improved their activity levels by 47.83%, and 15.32% surveyed were still maintaining a higher level of physical activity three months after the challenge was completed.

Feedback from participants has been overwhelmingly positive:

"I enjoyed the challenge. It helped motivate my husband and we found we walked more together to fulfil our goals." – Robyn

"The challenge is a brilliant concept and definitely a great idea to get people active who would normally probably just sit in the office all day. I did find myself going for walks in the morning and afternoon tea breaks." – Sharon

"It is great for the team environment to get motivated and fill in the activity cards. I think it helps some people to get going and be accountable to themselves." – Greg

This year the Sea2Sea Challenge is running over **six** weeks from 26 September to 4 November 2016.

For more information please contact:

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