50 DAYS of Movement Challenge

Starting from February 15th to April 5th, you can test your fitness mettle by staying active for 50 consecutive days. Special prizing will be awarded to those who complete this challenge.

Surgeon general’s warning: Exercise has been linked to increased levels of serotonin. Side effects include feeling happier, stronger, more relaxed, better able to deal with stress, sleeping more soundly and often feeling more comfortable fitting into those favorite jeans!

50 Days of Movement is an 8 month health and wellness challenge created to get you moving for 20 minutes a day.

Starting September 14th, join us at ISC or McKinnon Gym and every time you use our services, swipe your University ID card and you could win one our weekly prize draws!

Once you have developed your new healthy exercise habit take the next step and ramp it up!

For current program information and to register, go to VikesRec.ca