



Get Active. Get Exploring. Get Winning

Virtually explore all the amazing experiences that Canada has to offer with your family and friends! We have jumped on board with ParticipACTION to be a part of the Great Big Move where you will be eligible for **ParticipACTION** prizes as well as prizes from the Town of Edson.

How do I join?

1. You must designate a team captain.
2. Download the ParticipACTION App and register your team with a name. How? Click on the picture of two people running in the bottom right hand corner of the main screen in the app. Register your team and send the code to your teammates.
3. Invite family, friends, or co-workers to download the app and join your team with the code (min 2, max 8). The more team members you have, the more of the country you can explore, meaning more chances to win! Remember, every province and territory you and your team virtually explore by getting moving means more chances to win up to \$20,000 worth of prizes!
4. Sync your fitness tracker. There's an easy way to help you and your team get those minutes into the Great Big Move. Sync your fitness tracker to the ParticipACTION app to automatically see your minutes accumulate. Did you know you already have free access to a fitness tracker? [Learn more.](#)
5. Turn on push notifications- with your notifications for the ParticipACTION app turned on, you'll get handy tips to help you stay active, monitor your progress and get a few surprises along the way!
6. Register your team for local prizes with the Town of Edson via this link: <https://www.research.net/r/F5XHJ3X>

How the Great Big Move works through ParticipACTION:

From October 1-31 you and your team have the chance to experience our beautiful country from coast to coast just by getting active for a chance to win up to \$20,000 worth of prizes. You and your team also have a chance to win a bunch of great secondary prizes too and even more prize opportunities if you complete the Great Big Move before the end of the month!

Whether you are a team of 2 or a team of 8, if your team wins Great Big Move prizes, each member of your team gets the prize! So, if your team has 2 members and wins, you each get \$1,500. If your team has 8 members and wins, again, you each get \$1,500. AND if you complete the Great Big Move, you double your chances to win!

For more details please consult the ParticipACTION [FAQ](#) and [contest rules](#).

As you and your team accumulate move minutes, you'll get to virtually experience each province and territory of the country through the free [ParticipACTION app](#). The more provinces and territories you move through, the more chance you have to win.

What are move minutes?

Your daily move minutes account for all the movement you have completed today. This includes both active minutes (moderate to vigorous physical activity) and light or incidental movement. This also includes movement that Apple Health or your fitness tracker recognizes, as well as activity minutes you actively track.



How the Town of Edson prizes work:

We were able to buy incentives for this challenge through a grant from Alberta Blue Cross. We have over \$2000 worth of gift cards to local health and wellness businesses up for grabs.

In order to be eligible for these prizes your team must submit their AVERAGE move minutes at the end of every week by Monday at noon via: <https://www.research.net/r/XL8DVC7>

What do we mean by average?

The team's total move minutes for the week divided by the number of team members.

Week 1: Oct 1st-3rd – short week because of the start date.

Week 2: Oct 4th-10th

Week 3: Oct 11th- 17th

Week 4: Oct 18th- 24th

Week 5: Oct 25th -31st

Individual Prizes available to be won:

Two \$50 Power Fitness Gift Cards

Two \$50 Patty Patten Gift Cards

Two \$50 New Elevation Yoga Gift Cards

Two Kore Conditioning One Month Passes

Two Sierra Fitness One Month Passes

Two \$50 Uptown Yoga Gift Certificates

Two \$50 Edson Recreational Dance Gift Cards

Two \$50 Town of Edson Active Living Gift Cards

Two Repsol Place Adult 10 Punch Passes
Two Adult 18 hole Golf Passes for the 2021 season
Two \$50 Indominus Sports Gift Cards
Two Underarmour Gym Bags & Socks from Jensens
Two \$50 Canadian Tire Gift Cards
Two Fitbit "Inspire" Fitness Trackers from The Source
Two \$50 Riderz Gift Cards
Two \$50 Northside Motor Sports Gift Cards
Two \$50 Freedom Power Sports Gift Cards

How are these awarded?

Every week as your team improves their move minute average your team has the opportunity to have their name added in to the prize draw an extra time. For example if by week 4 your team has improved their average minutes each week your team name would be in the draw 3 times, increasing your chances of being drawn. If your teams average move minutes don't improve you stay in the draw once. Once a team name has been drawn for a prize, the team will get to decide who gets that prize.

The first week is short so we will draw from the top 5 teams and then the averages will start after that.

Some fun ways to decide could be:

- drawing names out of a hat
- awarding to last place as an incentive
- awarding to first place for being a superstar
- rock paper scissors
- leg wrestling
- pillow fight
- whatever your team agrees on, this can change week to week!

Team Prizes available to be won when the challenge is done:

\$100 Boston Pizza Gift Card
\$100 Original Joes Gift Card
\$100 The Fresh Vine Gift Card

For more information email krystas@edson.ca