Participant Guide
March 1 – April 26, 2022

Step 1: Register
Complete our simple registration form to join our Online & Active Team
Insert link

Step 2: Pick an Activity and Goal!
This year, you aren’t tied to running or walking, pick an activity that excites and motivates you and set a goal!
• Run 5km
• Walk 2.5km
• Bike 20km or Bike 5km every Monday for a month
• Do yoga everyday for a month
• Zumba everyday for a month
• Walk 15,000 steps a day for 6 weeks
.....anything goes (check out our activity ideas for inspiration)!

Step 3: Raise Funds
• We will set you up as a team member on our GoFundMe Page
• Ask friends, colleagues, neighbours to donate and support you
• Post to social media to promote your activity (make sure to tell them what activity you’re doing!)

Step 4: Get Active!
• Dress up in your best outfit and get moving
• Make sure to take a photo and/or screenshot your activity app and share to social media #activeforIFIC2022.
• Post your activity prior to April 26th at 12pm EST to be eligible for prizes

Step 5: Celebrate Your Success
• Attend the IPAC Canada Closing Remarks to celebrate and see who won

Please follow all safety measures and restrictions where you live. Physically distance and wear a mask if you aren’t doing a solo activity.

Made possible through the support of: