

FALL IN LOVE WITH NATURE.


Take the 30x30 Nature Challenge.

OCTOBER 1 - 30

ENTER TO WIN AN OUTDOOR PRIZE PACKAGE

- Mark the calendar for the days you enjoyed the outdoors.
- One entry for everyday you spend 30 minutes outside
- Complete all 30 days, you will receive an additional 5 entries.
- Earn additional entries by submitting pictures while you are spending time in nature. Email pictures to lifestyles@fhr.ca or post to the FHHR Employee Lifestyles Facebook group page.
- Follow us on Facebook for extra motivation. Find us at FHHR Employee Lifestyles.
- Submit your calendar to lifestyles@fhr.ca by November 2.

NO REGISTRATION REQUIRED



OCTOBER 2017						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Important Dates:			

Name: _____
Phone #: _____ FHHR Department: _____

Let's Get Started!

- ✓ Mark # minutes spent outside in nature each day on the calendar.
- ✓ For each day you spend 30 minutes or more outside your name will be entered into the draw. If you spend 30 minutes for 30 days you will get 5 additional entries.
- ✓ Share in the fun! Submit pictures of your time in nature to lifestyles@fhr.ca for additional chances to win.
- ✓ Make sure to follow us on Facebook for extra motivation! Find us at FHHR Employee Lifestyles.

30x30 Nature Challenge will run from October 1 to 31. No registration required. Complete this page throughout the month and scan to [fhr.ca](https://www.fhr.ca) by November 2.

Calendar can be found at:

- myPulse,
- FHHR Employee Lifestyles Facebook page
- FHHR ELC webpage.



Spend 30 minutes a day outside
for 30 days in a row.
#30x30Challenge



David Suzuki Foundation
SOLUTIONS ARE IN OUR NATURE



FALL IN LOVE WITH NATURE.
Take the 30x30 Nature Challenge.
Sign up at davidsuzuki.org/30x30
#30x30Challenge



GENUINE HEALTH
FOUNDING PARTNER



Interface



30x30
NATURE CHALLENGE

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- ✓ Make sure to follow us on Facebook for extra motivation! Find us at FHR Employee Lifestyles.
- ✓ For daily tips visit www.30x30.davidsuzuki.org or our Facebook page.

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