



MUNICIPALITY *of the*
COUNTY *of* KINGS

Name: _____

Contact (email or phone): _____

Send a photo of the completed sheet to echurch@countyofkings.ca

Drop off your completed sheet to the Kings County Municipal Office (181 Coldbrook Village Park Drive)

We challenge you to **GET ACTIVE THIS WINTER**

90 HOURS IN DAYS

DETAILS

STARTING JANUARY 1
ENDING MARCH 31

Visit www.countyofkings.ca/recreation
to download your colouring page tracker

For updates follow us on Facebook:
[Municipality of Kings Recreation Services](#)

ENTRY

Entries due April 6 for your chance to win a prize:

- 1 Send a photo of the completed sheet to echurch@countyofkings.ca
- 2 Drop off your completed sheet to the Kings County Municipal Office (181 Coldbrook Village Park Drive)

FAQS

Why 90 hours?

Any amount of movement throughout the day has been shown to have increased health benefits. Essentially, we're challenging you to move more and sit less!

Why 90 days?

We want to encourage people to integrate movement throughout their day all year round!

How does it have to be completed?

It can be completed in any way! Playing in the snow, walking, sledding, shoveling snow, mall walking, activity programs, household activities (chores, etc.) and more!

Open to everyone within Kings County.
One submission per person.



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