



MUNICIPALITY *of the*  
COUNTY *of* KINGS

**Name:** \_\_\_\_\_

**Contact (email or phone):** \_\_\_\_\_



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

# 90 HOURS IN DAYS

## DETAILS

**STARTING JANUARY 1  
ENDING MARCH 31**

Visit [www.countyofkings.ca/recreation](http://www.countyofkings.ca/recreation)  
to download your colouring page tracker!

## 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!*

## ENTRY

Entries due April 5 for your chance to win a prize:

- 1 Send a photo of the completed sheet to [abrooker@countyofkings.ca](mailto:abrooker@countyofkings.ca)
  - 2 Drop off your completed sheet to the Kings County Municipal Office (181 Coldbrook Village Park Drive)
- \* Fill out this form as a BONUS entry. We must receive your completed sheet in order to be entered in the bonus draw.

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



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