



*Improving life with..*

## The Cross Canada Fitness Adventure!

The NSTU Group Insurance Trustees are pleased to bring you this four-week event starting February 3<sup>rd</sup> to challenge you to get moving!



Lace up your shoes and take a virtual journey across Canada! Start off in St. John's, Newfoundland and visit the many cities that comprised the Terry Fox Marathon of Hope route. Passing through Thunder Bay, Ontario where Terry's Marathon ended, the fitness adventure continues as we explore some of Canada's First Nations history.

As a registered participant, you will log your steps and fitness activity minutes daily to get credit in the virtual race across Canada.

Can you achieve 10,000 steps a day for good health?

Join the challenge and have fun getting healthy with us!

### Individual & Team Challenge

**Open to active members**  
(term, probationary & permanent contract) **of the Nova Scotia Teachers Union & PSAANS**

### Prizes to be won for:

- ✓ 1<sup>st</sup> to reach the finish line
- ✓ Highest Score
- ✓ Random draws for weekly prizes

Registration begins Jan. 20<sup>th</sup> at [www.healthycommunity.ca/lifestyles/NSTUCCFA](http://www.healthycommunity.ca/lifestyles/NSTUCCFA)