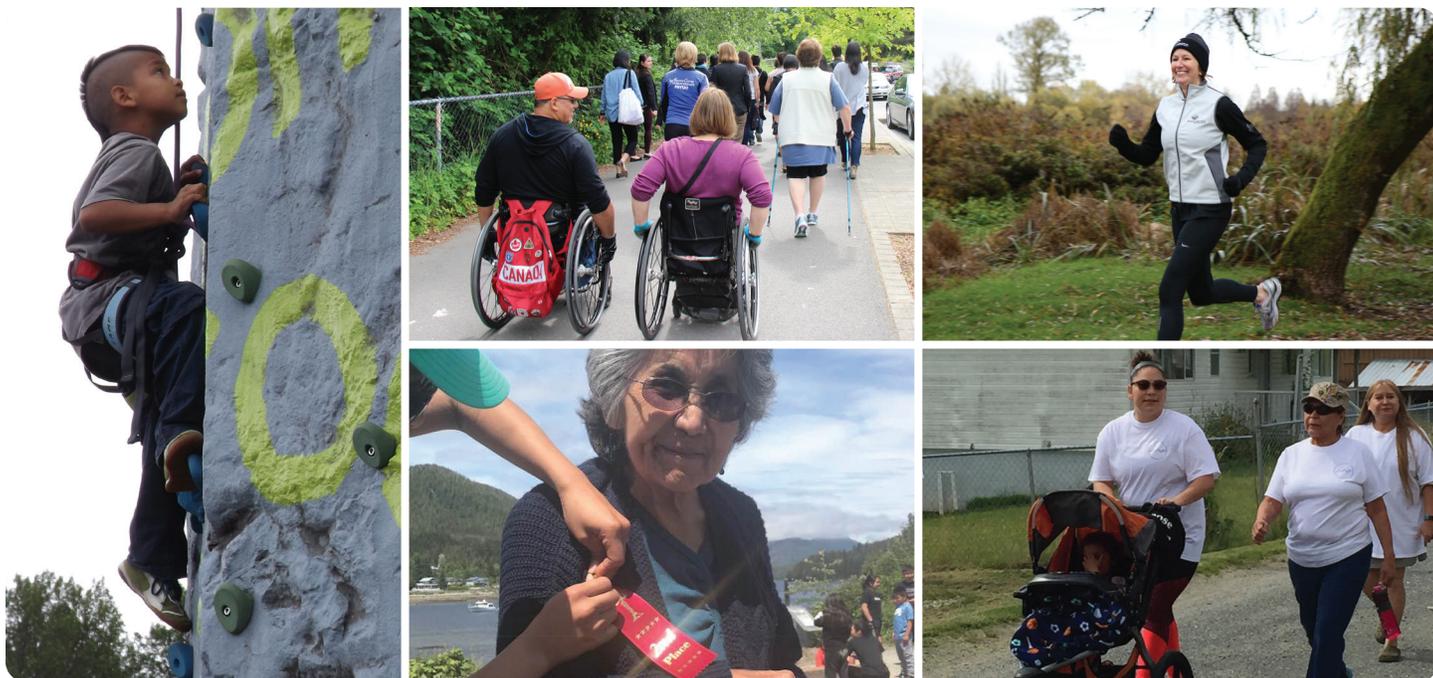


# 30x30 Active Challenge



**We invite all Indigenous peoples across BC to join us in our 30x30 Active Challenge during the month of September!**

## HOW?

- Commit to doing 30 minutes of physical activity each day during the month of September (30 days)
- Get your friends and family to take up the challenge
- Read our social media posts / share your experience with us using our hashtags / win prizes throughout the month
- To register: <http://bit.ly/30x30ActiveChallenge>

## WHY?

- Being active and trying new activities is fun!
- Being active helps maintain health and fitness over time
- Being active increases your energy and enhances mental well-being



First Nations Health Authority  
Health through wellness

#FNHAWellness

#30x30ActiveChallengeFNHA

#BeActiveFNHA