

# WE ARE CHALLENGING YOU

## Humber College is Ready for the Global Challenge 2018!

Humber is excited to announce that we will be participating for our 4<sup>th</sup> year in the Virgin Pulse Global Challenge!

### What is the Global Challenge?

The Global Challenge is your ticket to a healthier mind and body. You'll join over 350,000 people from around the world on a 100-day virtual journey that kicks off on **September 5<sup>th</sup>**.

All you need is a team of 7 to keep you company along the way.

### What happens during the journey?

Once you've signed up your dream team, you'll each receive a shiny new activity tracker to measure your activity. Every step you take, and every move you make, will take you and your team further on your virtual journey around the world.

You can view your ranking against global teams and battle for the top spot on the Leaderboard – but there's no need to run a marathon or join your nearest gym (unless you want to!). Just aim to take more steps every day.

Your journey will be packed with fun and simple ways to improve all areas of your health:

- fuel your body right with **Nutrition**;
- destress and improve your resilience with **Balance**;
- destroy distractions and get more out of your day with **Focus**; and
- bounce out of bed each day with **Sleep**.

### I'm in, where do I sign up?

Chat to colleagues, find your team of 7 and get your nominated Team Captain to sign up at [gcvp.co/humber](http://gcvp.co/humber).

**Registration is open from now until August 29, 2018 to the first 50 teams.**

Still a few members short of your Team of 7? Email [michaelchris.thompson@humber.ca](mailto:michaelchris.thompson@humber.ca) and we'll do our best to match you up with other keen Global Challengers.

Spread the word!

For questions or inquiries about the program, please contact Michael Thompson at [michaelchris.thompson@humber.ca](mailto:michaelchris.thompson@humber.ca) or at ext. 5159.



GET YOUR PULSE RACING

JOIN NOW

Virgin Pulse | GLOBAL CHALLENGE