

# STAND UP & MOVE FAMILY CHALLENGE



CHILDREN'S  
AID FOUNDATION  
OF CANADA

## Choose Your Challenge Toolkit

If has ever been a time when you have thought about physically challenging yourself, or getting fit with your family – now is the time! Get moving in the way YOU want – on your own, with your family or with a group of friends. Below are just a couple of ideas to get you started. For every milestone you reach, have your friends and family support you through your personal fundraising page to ensure critical programs reach children and youth who are experiencing child welfare.

- Family Relay Race
- Backyard Obstacle Course
- Kayak or canoe around the lake
- Scooter around the block for every \$5 raised
- Go for a bike ride
- A 30 day fitness challenge
- Learn something new like rollerblading, skateboarding, or paddle boarding
- Walk to school and work every day
- Dance Party
- Set a family step goal or challenge a friend to more daily steps with a step tracker
- Climb the stairs every day in your building
- Challenge another household to a game of noodle tag
- Anything You Want!