



# REC CHALLENGES

**Looking for a challenge to mix up your daily routine or accommodate your busy schedule?**

Our Rec Challenges are a fun way to add a new element to your everyday workout and expand your limits by trying something new. Don't miss out on the exciting prizes exclusive only to the Recreation Challenges. All challenges are drop-in and they are free to NAIT students, staff and community members with facility access. Just bring your *one AT NAIT card* to participate and go to [nait.ca/recreationchallenges](http://nait.ca/recreationchallenges) for information and updates.

## 150 CHALLENGE SERIES

We're here to support your path to achieving 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week. Swim, bike, run and then pick any activities to reach your 150 minutes of weekly physical activity for the month of November. Tracking sheets will be located at the front desk in the Fitness and Weight Centre (E-026) to track your progress and submit your name for a chance to win some awesome prizes.

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Swim 150 | Nov 5 - 11  
Bike 150 | Nov 12 - 18  
Run 150 | Nov 19 - 25  
Any 150 | Nov 26 - Dec 2

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## WALK-TOBER

★ NEW

Join our 31-day Walk-tober step challenge during the month of October. Open to all students and staff, track your weekly steps and submit them on them online at [nait.ca/recreationchallenges](http://nait.ca/recreationchallenges) for a chance to win one of ten prizes of \$25 loaded on your *one AT NAIT card*. Every 25,000 steps will get you another entry into the draw prize (maximum of 15 entries). During Walk-tober, Campus Recreation will lead a 30-minute walk around campus every Tuesday at 12:05 pm. Meet us in the South Lobby just outside of room O-117 for a fun walk and talk around NAIT and earn an extra entry into the draw prize (maximum of 5 bonus entries). Follow us on Twitter @NAITCampusRec for weekly routes and more.

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Monday, Oct 1 - Wednesday Oct 31

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## NFL SURVIVOR POOL

FREE Campus Recreation sports pools are kicking off 2018 with the NFL Survivor Pool. Open to both students and staff, pick one team to win each week and be the last one standing. Sounds easy but you can only choose a team to win once for the whole season. Two wrong picks and you're done! Sign up at [officepooljunkie.com](http://officepooljunkie.com) and join the "NAIT Rec - NFL Survivor 2018" pool using the password `recnfl18`

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Thursday, Sept 7 - Sunday Dec 31

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## SATELLITE CAMPUS EVENTS

We're taking recreation on the road! This semester we will be visiting the satellite campuses for some exciting recreation events. Look for posters and follow us on Twitter @NAITCampusRec to see what events are coming your way!



Campus Recreation  
Services

**REGISTER NOW**

Main Campus - O117 | 780.471.7713 | [nait.ca/recreation](http://nait.ca/recreation)



# SPECIAL EVENTS

Join us as we host our campus-wide special events designed to foster a healthy, active and engaged community at NAIT.

Free for students and staff, these events will be sure to get you away from your desk and in front of some friendly faces.

Share your experiences with your classmates and co-workers with us on social media and stay tuned for registration dates.

## NAIT'S GREAT ESCAPE

Last year NAIT saved the Ook from a chemistry experiment gone wrong and this year NAIT's very own live action escape game is back again. Find clues to solve a series of riddles and puzzles to unlock doors, drawers and endless entertainment. Visit [nait.ca/greatescape](http://nait.ca/greatescape) for more information about this year's theme and to register.

Monday, Oct 1 – Friday, Nov 16  
11:00 am – 5:00 pm, E-105

## WELL-BEING LOUNGE

Students are invited to Campus Recreation's drop-in well-being lounge. Located in E-105 (near the South Lobby), NAIT students can relax and recharge throughout the day in a quiet, restful space with comfortable furniture and ambient light. Health and well-being print resources will be available to take with you.

Monday, Nov26 – Friday, Dec 14  
10:00 am – 4:00 pm, E-105

## NAIT REC DAY

Come celebrate a day of activities that support lifestyles of health and well-being. This special day is held on post-secondary campuses across North America as a way to raise awareness for the importance of campus recreation and fitness. This day-long event will offer a variety of free programming opportunities for NAIT students and staff. Come celebrate with us!

Thursday, February 14

## TURKEY TROT

NAIT students and staff are invited to the 4th Annual Turkey Trot. Run, walk or trot your way through either a 2km or 5km route around campus. There will be prizes and giveaways for participants and someone will win a turkey!

Thursday, Oct 4  
12:05 pm, NAIT Gymnasium

## RAVERCISE

Come out and glow with some flow as we host our first exercise-rave event! Open to all students and staff, this event will surely get you movin' and groovin'. We're going to turn up the music and drop the bass to a few of our favourite fitness activities.

Thursday, Apr 4  
12:00 pm – 1:00 pm

*\*NAIT's Great Escape and the Well-being Lounge are partially funded by the Government of Alberta*



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