



TURN OFF YOUR SCREEN AND... PAUSE TO PLAY



April 30 to May 4

It's simple:

1. Turn off your screen!
2. Play!
3. Record your results



Record your minutes of physical activity each day. **Every minute adds up!**

GET HEALTHY! HAVE FUN! YOUR CLASSROOM COULD WIN!

For more information about the 2018 pause to PLAY Challenge, please go to york.ca/pausetoplay

Share your **pause to PLAY** activities with **#getactiveYR**

