



22 Wing Healthy Lifestyle Challenge 2026

Participant Guide

## OPIs

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## Introduction

The “22 Wing Healthy Lifestyle Challenge” is a wing-wide challenge that is designed to motivate the entire 22 Wing community to achieve healthier lifestyles with the support of Wing leadership and PSP. The challenge will take place over 65 days. The timeframe will be from 07 April to 11 June 2026. This challenge is a unique local initiative in support of the new overarching National CAF Physical Performance Strategy, “BALANCE” ([link](#)).

## Background

In light of the success achieved in previous 22 Wing Healthy Lifestyle Challenges, PSP’s expertise has again been engaged in conducting a challenge open to the entire 22 Wing community and CAF family members. The challenge is aimed at promoting healthier body compositions and lifestyles. Emphasis will be placed on Wing leadership’s intent to create increased motivation and opportunity throughout the 22 Wing community for achieving healthier, sustainable physicality through the engagement of PSP services for additional support.

As seen below, the challenge offers a framework that has seen great past success.

2025’s 31 individuals who completed the 65 Day Challenge (combined):

- Lost 112.2 Pounds
- Lost an average of 0.84% Body Fat
- Gained an average of 0.05% Skeletal Muscle.
- A total of 1016 “Workout Ballots” submitted among participants.

## **Strategy**

The strategy of this challenge is to maintain increased accessibility for participation to the entire Wing and promote healthy behavior change. Also, as it is understood that behaviors are greatly influenced by the home environment, the allowance of CAF family members to participate is intended to further increase the success of achieving a healthy and supportive culture around physical health and fitness. This is a self-driven challenge. The only obligation for participants to complete the challenge is to submit an initial registration and measurements on 07 April and to submit exit measurements on 11 June. Between these start and end dates, PSP will offer Health Promotion, Fitness, Sports, Recreation & Aquatics services for participants to engage in to optimize their results but this will be at participants' discretion. As contact information will be obtained from all participants in the form of an email address, notification and updating of these supportive activities will be provided to participants. This strategy is designed to allow increased flexibility and choice for all participants with varying work schedules, personal responsibilities/obligations, etc.

This challenge will be facilitated by PSP staff. Wing leadership will be responsible to provide peer motivation in the form of rewards (see category prizes highlighted in **red** under the "Who Wins?" section below). HP will enable effective and safe participation by providing education and awareness information and/or recommendations related to nutrition to enable participants to conduct their efforts in a healthy and efficient way. PSP will be responsible to ensure quality control and accuracy for all official challenge weigh ins/measurements. All supportive efforts will be aimed at enabling maximum participation/opportunity for military personnel, their families, and 22 Wing employees.

## **Goals**

To create increased awareness, education, and behavior change around achieving healthier body compositions and lifestyles in support of optimizing the health of military personnel, their families, 22 Wing Employees, and encouraging a culture of health and fitness to maximize overall operational readiness.

## **Eligibility/Obligation**

This challenge is open to CAF and USAF Regular Force members, Reserve Force members, immediate family members over the age of 18, CAF veterans, DND civilians and CFMWS employees of 22 Wing. This is a non-mandatory challenge.

## Who Wins?

There will be “winners” declared and a total of \$400 in prizes awarded in four individual categories and one team category. Winners will be contacted individually.

### **Individual Category #1**

**\$50 CANEX Gift Cards for Top Female and Male**

Total Individual Body Weight % Lost (Top Female and Male) – Basing weight loss on individual body weight percentage will help to even the playing field for weight loss achievements.

### **Individual Category #2**

**\$50 CANEX Gift Cards for Top Female and Male**

Total Individual Skeletal Muscle % Gained (Top Female and Male) – As not all individual healthy weight goals are necessarily linked to strictly weight loss, but rather muscle gain, participants may choose to compete in this healthy weight gain category.

### **Individual Category #3**

**\$50 CANEX Gift Cards for Top Female and Male**

Total Individual Body Fat % Lost (Top Female and Male) – Participants with top achievements in body fat % lost will be declared the winners of this category.

### **Individual Category #4**

**\$25 CANEX Gift Card for first Female and first Male Drawn.**

**\$25 CANEX Gift Card for top Female and Male with most ballots submitted.**

“Workout Raffle & Workout Tally” – Draw boxes will be placed at the Wellness Center and DLP satellite gym. All participants who register in the challenge may enter one ballot for each workout/class they complete within the supporting activities or otherwise. The more workouts an individual completes, the better the odds of them winning the draw. Beyond the draw, the top female and male with most ballots submitted will also be rewarded. This challenge is designed to increase motivation of participants and reward efforts in participation and lifestyle changes regardless of body composition results.

## Confidentiality

All individual data collected will be kept confidential with the Health Promotion department. Champion results of winners will only be announced if given the full consent of those individuals. Otherwise, general updates to participants will only include overall trending metrics.

## Implementation Activities

Challenge Info Dissemination – Challenge info and advertisements will be disseminated through the CoC soonest to provide prospective participants time to familiarize themselves with the Challenge and decide whether or not to participate/register on 07 April. PSP will also advertise and distribute through all available channels in an effort to create high visibility of the opportunity to all eligible.

“Health Promotion Sustainable Lifestyle Changes Briefings” – Health Promotion will facilitate briefings in the Wellness Center on 07 April (Day 1 – Initial Measurement) & 07 May (Day 30 – Progress Measurement) of the challenge to offer general guidance around sustainable nutritional strategies and goal setting.

Challenge Launch Event – “22 Wing Healthy Lifestyle Challenge Registration & Initial Measurement” – On Tuesday 07 April 2025, the challenge will be kicked off with a launch event hosted by PSP in the Wellness Centre to take in all initial registrations and measurements. The event will also include information promoting PSP’s range of supporting activities and resources accessible to challenge participants in their journey of pursuing healthier lifestyles over the 65-day period. With the aim of max participation of a wide variance of availabilities within the 22 Wing community, registrations/initial measurements will be conducted during three separate 1-hour timings: 0800-0900 hrs, 1200-1300 hrs, and 1600-1700 hrs to accommodate participants on a drop-in basis. PSP staff will be on hand to facilitate Challenge Q&As related to explaining rules/regulations etc. Opportunity for participation of DND CAF and Civilian’s during work hours will be left to the discretion of the CoC.

**Measurements** – PSP will be responsible for quality control of all body measurements at the beginning, middle, and end of the challenge. For increased participant and logistical ease, PSP will conduct all measurements in the Wellness Center during the timings defined in the schedule below. Trained PSP staff will place high importance on protecting participant privacy when conducting measurements to ensure a comfortable and safe environment for all. Participants may also opt-out of any measurement that they do not feel comfortable with. Initial measurements will be taken with registration at the launch event on 07 April 2026. Progress measurements (non-mandatory) will be offered at the 30-day mark on 07 May 2026. This progress measurement is non-mandatory for challenge completion but provides a good opportunity for participants to check-in and get a progress report on their efforts while touching base with PSP staff for additional advice/guidance. Final measurements will be taken at the 65-day mark on 11 June 2026.

<b>Initial Measurement/Register</b> 07 April (Tuesday) Mandatory for HLC Completion	<b>Progress Measurement</b> 07 May (Thursday) Non-mandatory for HLC Completion	<b>Final Measurement</b> 11 June (Thursday) Mandatory for HLC Completion
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- \* Measurements will be conducted on the dates above from 0800-0900 hrs, 1200-1300 hrs, and 1600-1700 hrs to accommodate participants on a drop-in basis.
- \* Participants are to make every effort to attend one of the designated timings. However, if a participant cannot attend one of the designated group measurement timings, please contact the Health Promotion team and alternate accommodations, where able, can be provided.

Health Promotion Administrative Assistant – Ext 628-2612.  
[trevor.monahan@forces.gc.ca](mailto:trevor.monahan@forces.gc.ca)

Health Promotion Manager – Ext 628-2350.  
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**Additional Challenge Support** – PSP staff will send out reminders, updates, advice/resources, encouragement, and results to the challenges participation distribution list via email throughout the challenge. PSP staff can offer additional one-on-one support to participants where possible.

## **Accountability**

It is the responsibility of all participants to adhere to the measurement schedule dates and times. It is recommended that all participants be consistent in the clothing they are wearing to achieve accurate results.

## **Results**

All challenge updates and results from winners will be submitted to the CoC for announcement of awards/prizes to participants. Winners will be contacted individually. All other personal information will be kept confidential by Health Promotion.