



CROSS-CANADA RENAL FITNESS CHALLENGE

Mission Statement

To promote active lifestyles and the clearance-enhancing use of fitness bikes during hemodialysis, raising awareness of the benefits of exercise for renal patients while providing motivation for increased use of existing activity programs.

Vision Statement

Everyone knows the advantages of exercise, but for renal patients keeping fit is more than just another challenge. The Cross-Canada Renal Fitness Challenge (CCRFC) is a unique new concept aimed at helping patients not only achieve important healthier lifestyle goals, but also to provide them with some amazing medical benefits. By placing personal health goals into an exciting and inspirational context, the program makes efficient use of existing infrastructure to motivate renal patients to achieve a higher level of health and happiness.

Research has shown that exercising during a hemodialysis session increases the treatment's effectiveness, and that a certain level of activity is very beneficial for renal patients. To encourage patients to begin, continue, and improve their use of exercise bikes on properly equipped units, the CCRFC takes inspiration from the remarkable story of Terry Fox. Following that same route from east coast to west, renal patients in Alberta will make their own virtual cross-Canada tour as they exercise. The program will significantly contribute to the health and welfare of renal patients in Alberta.

The CCRFC also promotes awareness of the benefits of exercise bikes in dialysis units. Through future expansion to include units in both northern and southern Alberta and eventually throughout the nation, the CCRFC has the potential to provide long term benefits for renal patients from coast to coast.

CROSS-CANADA RENAL FITNESS CHALLENGE

TEAM RENAL (ACCUMULATED)

Current progress



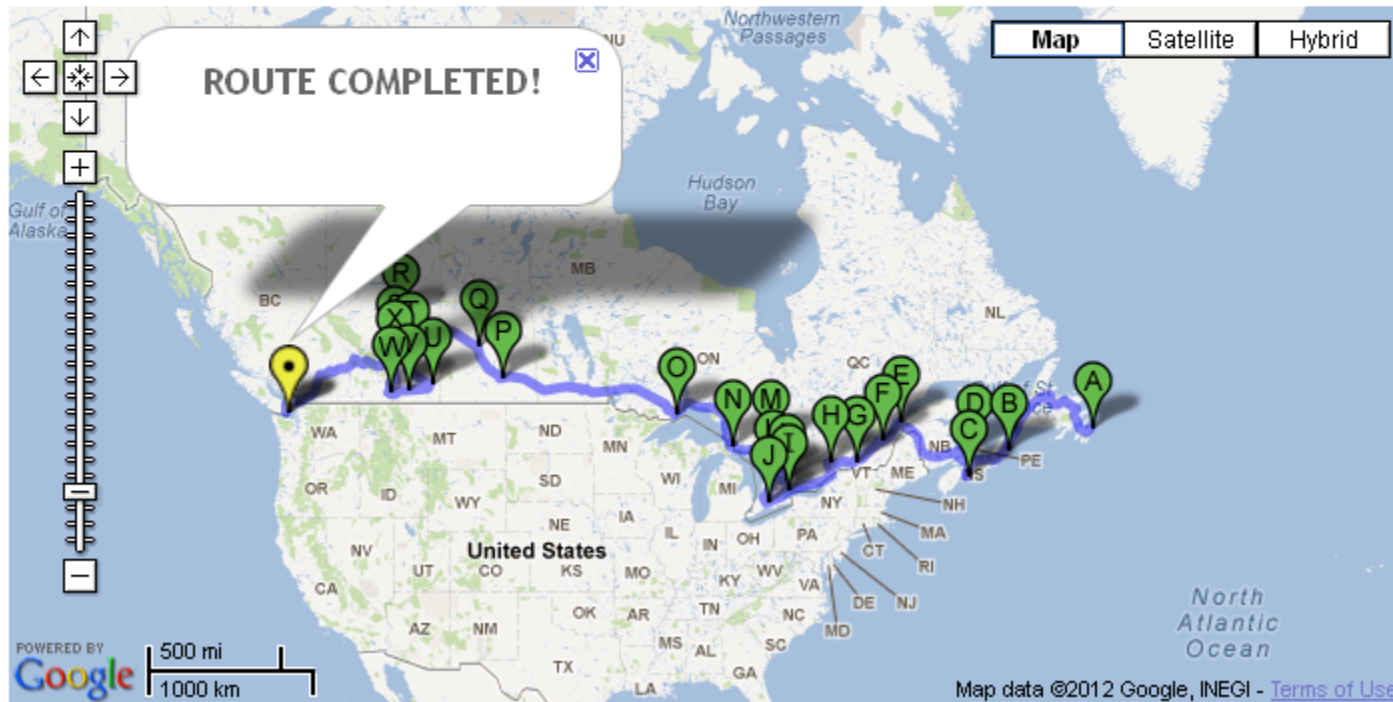
CCRFC Canada Route

Route completed!

100%



Completed Aug 22, 2012





CROSS-CANADA RENAL FITNESS CHALLENGE

SHELDON CHUMIR

Current progress

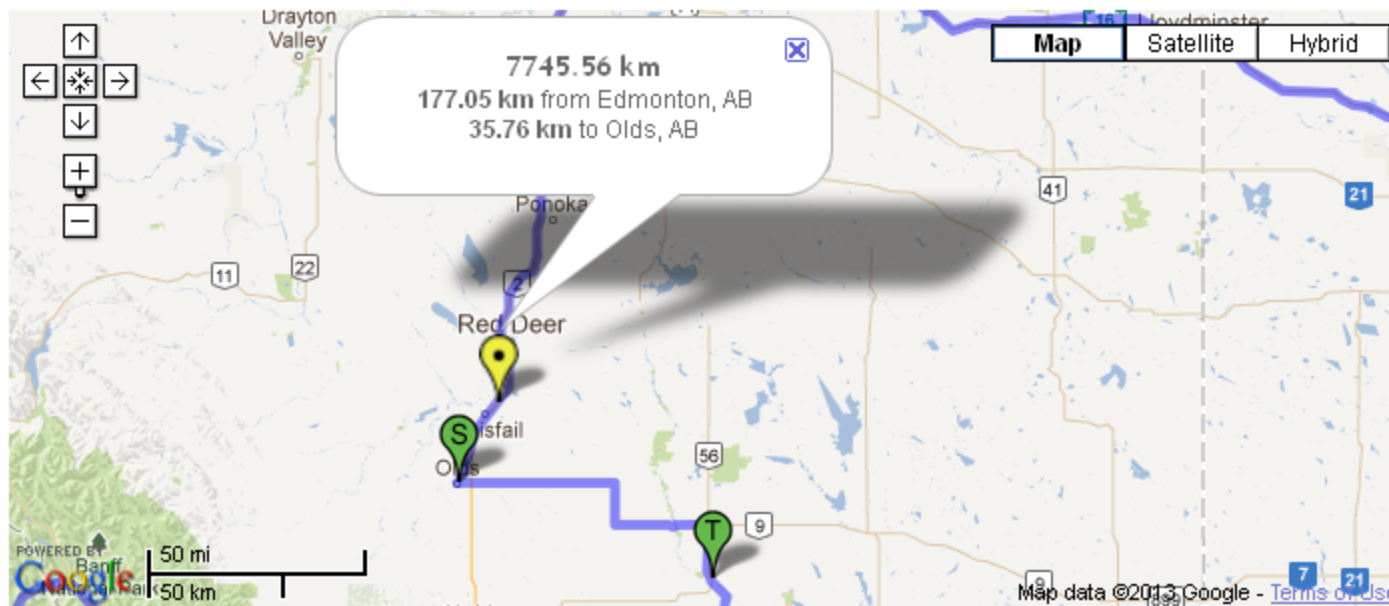


CCRFC Canada Route

7,745.6 out of 9,743.0 Kilometers completed!

79% 

In the last 2 weeks ccrfcsmc has made log entries and earned 600.00 km Kilometers!





CROSS-CANADA RENAL FITNESS CHALLENGE

SOUTH CALGARY

Current progress

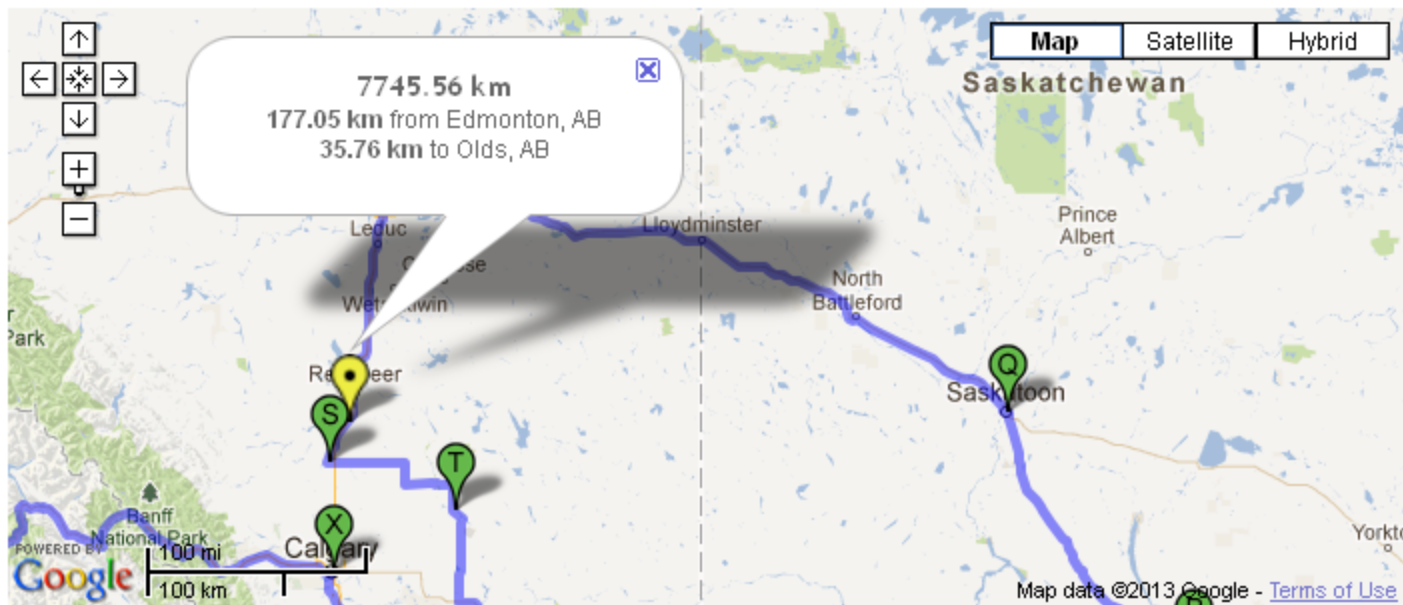


CCRFC Canada Route

7,745.6 out of 9,743.0 Kilometers completed!

79% 

In the last 2 weeks ccrfcsmc has made log entries and earned 600.00 km Kilometers!





CROSS-CANADA RENAL FITNESS CHALLENGE

SUNRIDGE

Current progress



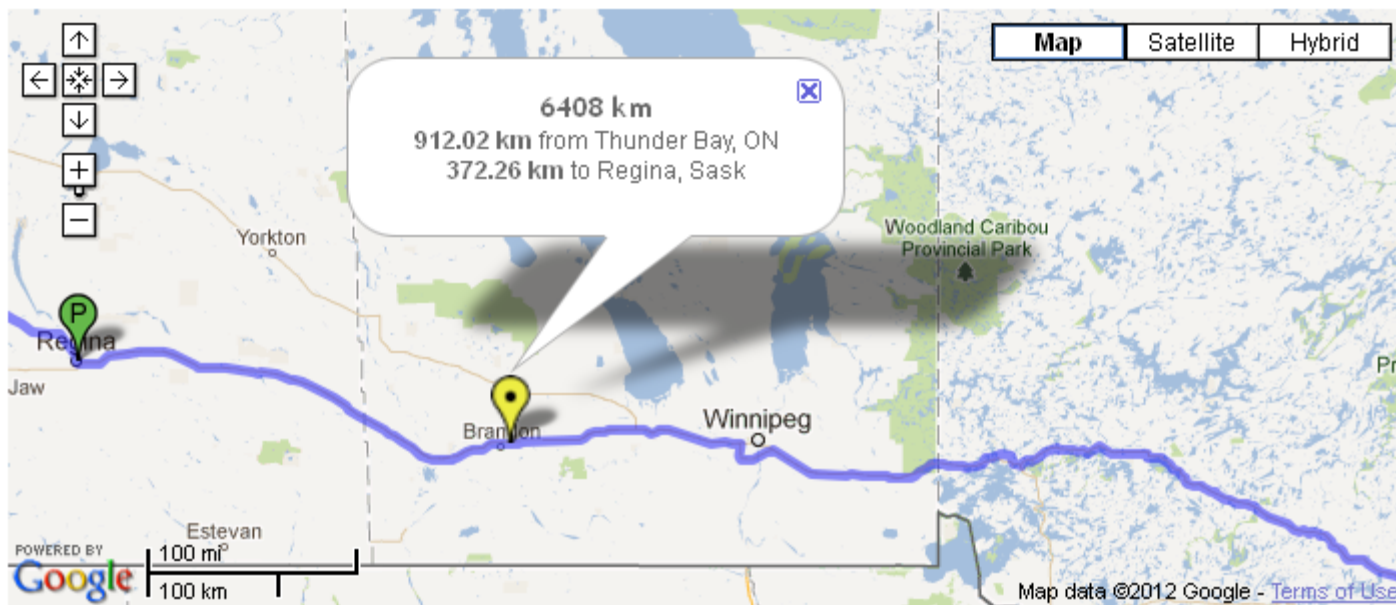
CCRFC Canada Route

6,408.0 out of 9,743.0 Kilometers completed!

65%



In the last 2 weeks ccrfcsunridge has made log entries and earned 300.00 km Kilometers!



CROSS-CANADA RENAL FITNESS CHALLENGE

LETHBRIDGE / FMC

Current progress



CCRFC Canada Route

4,826.0 out of 9,743.0 Kilometers completed!

49%



Stopped Tracking Nov 2012

