



# Who will be Canada's Most Active Community?



## Make Richmond Canada's Most Active Community!

Calling all families, friends, neighbours and fellow community members! It's time to get up and get moving with the ParticipACTION Community Better Challenge. The goal of this nationwide initiative is to help communities get active and have fun.

The rules of the challenge are simple: download the free ParticipACTION app through the Apple App Store or Google Play Store. Sign up with your Richmond postal code to rack your activity from June 1 to 30. Go for a walk on a trail or in a park, participate in a fitness class, splash around with friends at the pool, bike, golf, take a fitness class, workout in the gym, play tennis or pickleball to get active and win prizes!

Count whatever gets you moving. Be sure to track every active minute, every day.

Learn more [www.richmond.ca/participACTION](http://www.richmond.ca/participACTION)

