

District of Barriere – May 1, 2023

NEWS RELEASE – Encouraging Residents to Participate in ParticipACTION’s ‘Community Better Challenge’.

In collaboration with Simpcw First Nation (Chu Chua), we are excited to announce that Barriere has been selected for a grant for the ParticipACTION Community Challenge coming June 1-30! We’re doing our part to level the playing field by empowering individuals and strengthening communities through the power of sport and physical activity.

The Community Better Challenge is a nationwide physical activity challenge encouraging Canadians to get active during June. Municipalities, schools, workplaces, sport and recreation groups, and residents of all ages can log physical activity minutes through the free ParticipACTION app or [website](#).

The Challenge is open to everyone with a V0E-1E0 Postal Code and all minutes logged into the app and the website from June 1 – 30, will be counted towards a community’s total score. After June 30, 50 finalist communities from across the country will be invited to submit an application explaining why they deserve to be Canada’s Most Active Community for a chance to win the \$100,000 grand prize that can be used by the community to create or enhance recreation facilities, trails and other programming. With June being Recreation Month, this challenge is an excellent opportunity to get out and get active in Barriere and our surrounding area.

ParticipACTION is a national non-profit organization, whose mission has been to inspire Canadians to sit less and move more for the past 50 years.

To simplify the description of the challenge and how to participate, residents either log all **movement minutes** they do within the month of June by either utilizing their own smartwatch which can log their minutes into the ParticipACTION app automatically, or they can enter their minutes into the app or website directly. A small fraction of physical activity that can be logged and counted to Barriere’s overall score, are:

- ✓ Time spent walking the dog
- ✓ Gardening
- ✓ Housework
- ✓ Health & Fitness Classes such as Yoga, Stretching, Kickboxing etc.
- ✓ At home or gym workouts
- ✓ School or after-school sporting activities
- ✓ Hiking, biking, running or even a leisurely stroll
- ✓ Pickleball, lawn bowling, skateboarding, chair yoga, swimming
- ✓ Shopping (not online, of course! Unless you’re walking on a treadmill while doing so!)
- ✓ And so much more!

Best thing about it, is that you can participate even if you aren't internet savvy. Children under 17 and anyone who isn't able, can have a member of their family, coach, teacher, program organizer, or helpful friend, log their minutes into the website for them (with permission of course!) Log sheets will be made available to anyone who needs such assistance.

“This is extremely exciting for our communities to have a chance to enhance our recreation opportunities with such a large prize. But just as important and exciting, is the promotion of healthy, physical activity, regardless of age or ability. We can be a stronger, healthier Barriere while having fun and enjoying what this beautiful community has to offer us! I hope you will join us in participating in this challenge!” – **Louise Lodge, Rec Committee Chair**

Watch for more information and details on how to participate as we approach the month of June. In the meantime, if you'd like to get involved or have any questions, please contact Jamie Mosdell, Recreation Coordinator at jmosdell@barriere.ca or Rec Committee Chair, Louise Lodge at llodge@barriere.ca

Chu Chua residents can also contact Brenna Celesta at health.clerk@simpcw.com or Shelley Lampreau at health.director@simpcw.com .

Residents are also encouraged to subscribe to the District of Barriere E-Newsletter in order to keep up to date with all the exciting ParticipACTION programs & events planned for the month of June. Check out www.barriere.ca .