



HARVEY ACTIVITY CHALLENGE:

For the month of June, *Harvey Community Hospital Foundation* is challenging all members of our community to get active. Included in this package is a calendar of **FREE activities available in the community during the month of June**. You can use this calendar to keep track of your minutes of activity each day. At the end of the month, we invite all participants to **submit their activity record to the drop off at the Harvey Health Centre** for a chance to win a prize.

One winner will be chosen from each of the following categories:
Youth Winner, Adult Winner (18+) and Senior Winner (55+)

We're excited to announce that the Harvey Rural Community will be once again participating in the ParticipACTION Community Challenge from June 1- June 30, as we strive to be named **Canada's Most Active Community**.

Unlike in previous years, *individuals are not required to track their minutes of physical activity*.^{*} This year, the focus is on engaging as many people and organizations as possible from your community. Beginning June 1, 2024, organizations and groups can track their physical activity initiatives along with the number of participants that took part in each one throughout the month of June.

The more activities and participants that are tracked, the higher our community's score!



Ways you can participate:

- 1) Register as an Individual on the ParticipACTION website
- 2) Participate in as many of the planned community activities as you can
- 3) Start your own group activity (i.e. a community walking group or hiking group) and register it on the ParticipACTION website.

Any individual or Organization registered with an E6K postal code will be included with Harvey Rural Community's total score.

<https://www.participaction.com/programs/community-challenge/>

The community with the most

- 1) Total individual registrations
- 2) Total organization registrations
- 3) Number of activities and participants tracked by organizations

will be named "**Canada's Most Active Community**" and awarded **\$100,000** for community recreation betterment.

****To be eligible for prizes in the Harvey Activity Challenge, you will still need to complete the activity record sheet and drop off at the Harvey Health Centre by July 2.***

Come on Harvey, Let's Get Active!