



JOIN US! WE NEED YOUR
HELP TO WIN \$150,000
FOR OUR COMMUNITY!

Check your Inbox!

By now you should have received an email from
Headingley.Events@gmail.com
with all of the details of our Community Challenge.
Not on the Headingley Events mailing list?

No problem! Join here:

<http://bit.ly/HeadingleyEvents>

Did you know that everything gets better when you get active? Even communities!

Join the [ParticipACTION Community Better Challenge](#) for the chance to win \$150,000 for Headingley!!!

At the conclusion of the challenge, one community will earn the top prize of \$150,000 and title of being Canada's most active. In addition to the national winner, there will also be finalists recognized from all regions of Canada who will be awarded \$20,000.

The ParticipACTION Community Better Challenge is a brand-new annual physical activity challenge that is bringing communities together with physical activity and sport participation. The challenge Starts May 31, and now is the time to start rallying the Headingley Community in an effort to be crowned Canada's Most Active Community.

If you're interested in participating in the challenge as an individual, download the [ParticipACTION App](#). Every minute of physical activity tracked by every user in our community from May 31st – June 16th will go towards Headingley's total score. To track minutes as a family or group/team, setting up an account is quick and easy [online](#).

All of your active minutes count towards Headingley's total. Even light or incidental activity counts. Here are some ideas of minutes you can log: walking, bike riding, gardening and yard work, golf, exercise, yoga, kids playing outside, jogging, baseball, soccer, pickleball, swimming, etc. Every minute counts, so make sure to log all of yours!

We are working closely with many groups in our community to help log group/team minutes: Phoenix School, Phoenix Nursery School, Bright Beginnings Educare, Sports Teams, Headingley Senior Services, MHRD, Breezy Bend Golf Club, to name a few. If you haven't heard from us yet OR know of any other fitness, kids, home daycares, exercise groups or teams please forward this email over to them or have them email us directly specialevents@phoenixrec.org

Make sure you log your activity minutes using your RM of Headingley Postal Code. All individuals and community organizations within Headingley, using their Headingley Postal Code, will be contributing their minutes to Headingley's total.

More info can be found here: <https://community.participaction.com> [FAQ's](#)

Get together. Get active. Get winning.

Phoenix Recreation Organization
www.phoenixrec.org/events