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## Media Release

**For Immediate Release**

**DATE: May 31, 2021**

### **Summerland's ParticipACTION Community Better Challenge and Sunshine & Sweat fitness circuits**

The District of Summerland is excited to announce that we will be participating in the ParticipACTION Community Better Challenge from June 1 – 30, as we strive to be named Canada's Most Active Community.

Helping to strengthen communities through physical activity and sport, the Community Better Challenge is awarding \$100,000 to the community who rallies the most participants and community organizations and accumulates the most active minutes during the challenge.

We encourage all residents and organizations of Summerland to download the free ParticipACTION app or visit <https://www.participaction.com/en-ca/programs/community-challenge> so you can track your active minutes and contribute to Summerland's total active minutes.

The District of Summerland will be offering free activities during the month of June:

- Sunday, June 13, Free Zumba In the Park with Carole from 9:00-10:00am.
- Sunday, June 13, two free family swims will be held from 1:30-2:30 & 2:45-3:45pm.
- Saturday, June 19 Bree and Brin Young will be offering a Free Family REFIT class at Memorial Park from 1:00-2:00pm.
- Sunday, June 20 – Free Family DancePL3Y Demo, 1:00-1:30pm & 1:30-2:00pm.

Pre-registration is required for all activities and opens on Monday, June 7 at 8:00 am at [summerland.perfectmind.com](http://summerland.perfectmind.com) or by phone 250-494-0447.

We are also excited to announce our **Community Fitness Challenge – Sunshine & Sweat!**

This community fitness challenge will be released on June 3. This challenge will let you explore our community, while getting fit at the same time. From the Historic KVR Trail to our beautiful waterfront, we have created **9 fitness circuits** that you can explore in Summerland. Maps will be available online at

[www.summerland.ca/CommunityBetterChallenge](http://www.summerland.ca/CommunityBetterChallenge) or by request at the Summerland Aquatic & Fitness Centre.

“One of Council's priorities is to ensure that community design, and municipal facilities and programs enhance inclusive, barrier free access to a variety of physical activities,” said Summerland Mayor Toni Boot. “Movement not only contributes to flexible, strong and healthy bodies, but boosts self-confidence and creates a feeling of happiness and general wellbeing. The District is excited to participate in the Community Better Challenge.”

Every move counts! Let's Get Active Summerland.

To learn about more about the ParticipACTION Community Better Challenge and our FREE community programs visit [www.summerland.ca/CommunityBetterChallenge](http://www.summerland.ca/CommunityBetterChallenge) and watch for posts on the Summerland Recreation Facebook page.

For more information:

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