



HAMILTON

*Join the Challenge*

JUNE 1 – 30, 2023



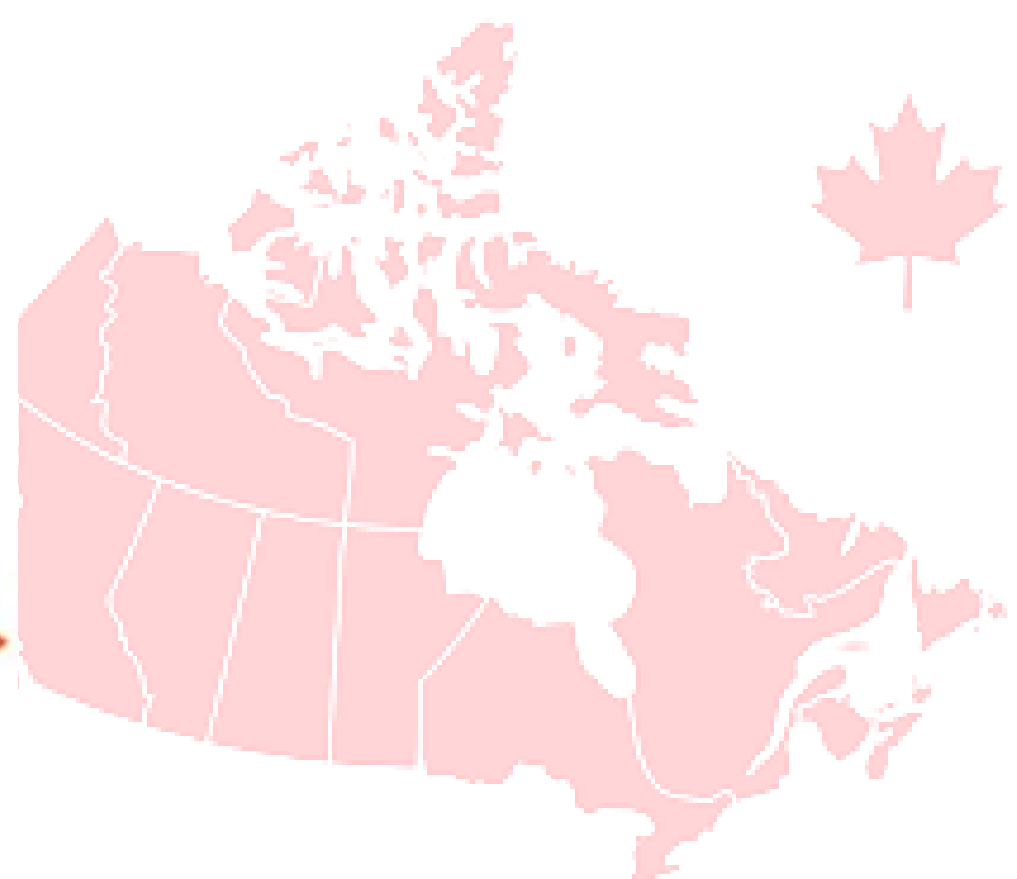
# ParticipACTION

**Encouraging Canadians to get healthy by getting active since 1971.**

ParticipACTION is a national non-profit organization that inspires and supports Canadians to make physical activity a vital part of their everyday life.

As Canada's premier physical activity brand, ParticipACTION works with its partners, which include organizations in the sport, physical activity and recreation sectors, alongside government and corporate sponsors, to help Canadians reduce sedentary time and move more through innovative engagement initiatives and thought leadership.





## What is the Community Challenge?

The ParticipACTION Community Challenge is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout the month of June in search of Canada's Most Active Community.

CANADA'S MOST  
ACTIVE COMMUNITY

RED  
DEER



2022

Canada's Most Active Community

Red Deer, Alberta

Population: 105,000

Ontario's Most Active Community

North Grenville

Population: 18,508



**JOIN THE *PARTICIPACTION***  
**COMMUNITY CHALLENGE**



## Who can participate in the Challenge?

It is open to everyone, and all minutes tracked on the app and website from

June 1 – 30 count toward a community's total score. After June 30, 50 finalist communities will be invited to submit an application explaining why they deserve to be Canada's Most Active Community.



# Help your community win!

1. Track your personal physical activity minutes on the [ParticipACTION app](#) to help your community win! You also have the chance to win great prizes for yourself when you use the app.
2. You can also track physical activity minutes for yourself, your family or an organization on our website (tracking opens in the spring).



# Join the Challenge



## ACTIVITIES

Website: <https://www.hamilton.ca/>

Twitter: [@cityofhamilton](https://twitter.com/cityofhamilton)

Instagram: <https://www.instagram.com/cityofhamilton/>

Facebook: <https://www.facebook.com/CityOfHamilton/>

Internal Communications.

Recreation & EAP.

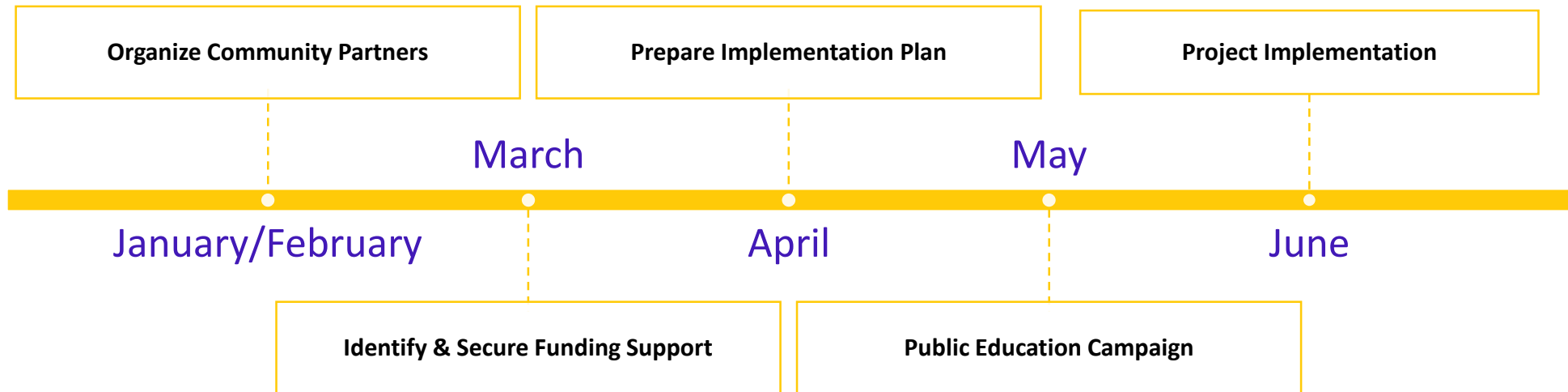
Existing Tracking Systems.

Ward Newsletters.



# Project Implementation

**PARTICIPATION**







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