

# June is Recreation and Parks Month

## Activity Card



### Download the ParticipAction app and register for the Community Better Challenge

Track your activity minutes for a chance to win prizes from ParticipACTION.

Get active and help the RMWB win the ParticipACTION — Community Better Challenge.



### Get active!

June 4 is National Health and Fitness Day. Set a 21-day fitness challenge.



### Picnic in a park

Fun Fact! The RMWB parks system includes over 814 hectares of parkland and maintained greenspaces.

Which park did you visit?



### Enjoy a mental wellness moment

Kickstart your day! Connect with your values, set a clear intention for the day and make positive affirmations.

Pay it forward! Pass along kindness today.



### Wheel on a paved path or trail

Connect with a friend and enjoy the over 75km of paved trail throughout the region.

Don't forget to stay hydrated!



### Complete a litter pick

Need cleanup supplies?

Visit [www.rmwb.ca/cleanup](http://www.rmwb.ca/cleanup) and register for the RMWB Community Cleanup or Adopt-A-Trail/Roadway program.



### Stretch

Stretch your body from your head to your toes. Start with a gentle stretch beginning with your head and neck, and slowly move down your body until you get to your toes. Remember to breathe deep breaths.



### Plant red

Celebrate the Year of the Garden by planting red Zinnias, the 2022 Flower of the Year.

Visit [rmwb.ca/cib](http://rmwb.ca/cib) to find seed packet pickup locations.



### Explore a trail

National Trails Day is on June 5! Explore over 135km of trails throughout the RMWB.

Which trail did you explore?



### Try a new sport

Fun Fact! The first pickleball court in the region is now open in Waterways.

The RMWB has over 450 hectares of maintained turf, including soccer fields, football fields and ball diamonds.



### Visit a playground

The RMWB has 103 playgrounds for all to enjoy.

Which playground did you explore?



### Snap a photo!

Complete the June is Recreation and Parks Month Activity card by attaching a photo of your favourite spot in your community.



\*Modify the activities to fit your activity level.

Complete the June is Recreation and Parks Month Activity Card and submit your answers to [www.rmwb.ca/parks](http://www.rmwb.ca/parks) to win a prize.

Submission Deadline: June 30, 2022 at 11:59 p.m. MST

