



# JUNE 1-30, 2024



## Community CHALLENGE



Join the ParticipACTION Community Challenge to help Red Deer win \$100,000 and take back the title of the Most Active Community in Canada!

There is a new way to track this year!

- Individuals can sign up to help Red Deer. Simply visit the ParticipACTION website and take the June get active pledge.
- Organizations or groups can also help by registering and tracking group activities on the website.



**SIGN UP TODAY**  
**SCAN THE QR CODE OR CLICK HERE**  
**TO HELP RED DEER WIN!**




Follow us on Social Media


  @communitybetterreddeer

# 30-Ways to get Active in Red Deer June 2024


○ Sign up for the **ParticipACTION** June challenge. Visit the **ParticipACTION** website to learn more.




○ Take part in the Red Deer Library **Choose Your Adventure** challenge. Visit to the **Library** website to learn more.




○ Visit 5 new parks this June. Visit the **City of Red Deer** website for a list of playgrounds.




○ Join the June 8th Community Better Red Deer **Walk-Run**. To sign up visit the **PCN** website to sign up.




○ Take some time to move and connect in nature. Find a new trail to walk, or bike on. Visit the **City of Red Deer** website for a list of trails.




○ Take your exercise outside and give back to your community, by cleaning up your neighbourhood.




○ Try out one of Red Deer's Outdoor Fitness gyms. Visit the **City of Red Deer** website for a list of locations.




○ Take your dog or go visit some dogs for a walk at one of the **off leash dog parks**.




○ Check out the indoor track and squash courts at the **Gary Harris Centre**.




○ Check out the **YMCA @Home** website for FREE exercise classes.




○ Have you tried the Sport of Pickleball yet? Visit the **Red Deer Pickleball Club** for more information.




○ Visit **Bower Ponds** to walk, play or rent a paddle boat!




○ Have some fun in the sun at Red Deer's natural outdoor water park at **Discovery Canyon**.




○ Get active outside and learn about orienteering. Visit **Alberta Orienteering** for free events on June 7 & 14.




○ Interested in trying to fish? Check out the **City of Red Deer** website for three locations you can try getting active while fishing.




○ Try the Move Your Mood/SPARC interactive spray painted games. Visit the **Move Your Mood** website for a list of locations in Red Deer.




○ Go for a walk or bike ride at the beautiful **McKenzie Trails**.




○ Have some water fun at the new **Woody's Spray Park** outside of the GH Dawe Rec Centre.




○ Try your hand in golf at **Red Deer's Mini Links**. Located at Riverbend golf course.



○ Visit the **Sports Hall of Fame** and **Heritage Ranch** just off of HWY 2.




○ Try one of the Disc golf courses. You can get a score card and borrow a frisbee from the Red Deer **Primary Care Network**.




○ Walk the beautiful **City Hall Park** and pack a picnic lunch.




○ Want information on joining a sport team? Visit **Central Sport** for more information.



○ Get active while gardening at home or in a community garden. Check out the **City of Red Deer Website** for garden plot locations.



○ Check out the local **skateboard parks** for something new!




○ Try getting active with some yoga in the park.



○ Develop your hand eye coordination with some tennis in your local community or at the **Red Deer Tennis Club**.



○ Have a family get active charades night. Act out your favourite activities.



○ Join the Mayor for a lunch walk n talk on June 26th at noon in **City Hall Park**.



○ Interested in joining a walking group? Connect with the Red Deer **PCN** or the **Red Deer Public library** for a walking group near you.

