

Let's Community Better, together

**Join us in making
Tyendinaga the most active
Community in Canada**



What is the Community Better Challenge?

The ParticipACTION Community Better Challenge is a national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community.

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.

What prizes are available?

One community will earn the top prize of \$100,000 and title of being Canada's most active. There will also be prize for the most active community in each province and territory. Now, more than ever, physical activity and sport participation need to be prioritized to help Canadians stay healthy in mind, body, and community spirit.



Make sure Postal Code is set to K0K 3A0

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. Check out the **Apple App Store** or **Google Play** and **download the ParticipACTION app** today.



**Save the Date: June 27th 5-7pm @ QMS
Track for a Walk-a-thon event**