

Dear City of White Rock,

Now more than ever physical activity and sport participation needs to be prioritized for the health and wellbeing of our community. The Peace Arch Hospital Foundation is committed to ensuring our community is the healthiest possible through our [Move for Life project](#). We invite the entire White Rock Community to get active for better health and join us this June 2022 for ParticipACTION's [Community Better Challenge](#) a **Move for Life** health promotion initiative.

The **Community Better Challenge** is a national online physical activity community challenge to promote movement and connect with our community. Let's show Canada how active the city of White Rock is, and be crowned **Canada's Most Active Community** and have a chance to win \$100,000!

We want YOU to get moving and connect with our community throughout the month of June. The Community Better Challenge runs **June 1st – 30th 2022**. Every Minute of physical Activity tracked in June counts towards our community's total score. Participate as an individual, family, workplace, school or organization. All physical activity counts including gardening, housework, walking in addition to more vigorous exercise and sport.

To register for the challenge, download the [ParticipACTION App](#) or go online through the [Community Better Challenge](#) website. **Registration is scheduled to open mid May 2022**. When registering participants need to include a postal code in your profile to ensure your activity minutes are counted towards our community total.

Participate as an individual, family, workplace, school or organization. All physical activity counts!

Join us this June and together, let's be crowned Canada's Most Active Community and Move For Life!

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Funding Partners



Project Partner

