

ParticipACTION Community Better Challenge

ParticipACTION is excited to announce the launch of a new community challenge this spring!

The **ParticipACTION Community Better Challenge** will get Canadians from coast to coast to coast moving and tracking their physical activity minutes in an effort for their community to be recognized as **Canada's Most Active Community!**

Organizations, communities, schools, sport groups and workplaces are encouraged to spread the word about the challenge and provide opportunities for participants in your community to get active.

A great way to build strong social connections with others is through physical activity and sport. Physical activities can break down walls and act as a building block to grow stronger communities by boosting the confidence and happiness of individuals, while connecting them to others with common interests.

Come February, organizations will be able to register their events or programs online and take advantage of ParticipACTION's resources and apply for grants as well as promotional toolkits.

The challenge will kick-off on May 31st and will wrap-up on June 16th, so start thinking about how you might rally engagement and participation. For full details on how you can help your community be crowned as Canada's most active, visit the [ParticipACTION website](#).