

Red Deer,  
Let's Get



June 1st- 30th, 2022

ParticipACTION Community Better Challenge!

- 1 Download the ParticipACTION App
- 2 Track your active minutes
- 3 Win prizes, and Red Deer could win the title of the "Most Active Community" and \$100,000

Adults track individually  
ParticipACTION App



Groups or families can track  
ParticipACTION Website



Local prizes you could win:

An Apple Watch

\$150 Sport Chek Gift Card

\$100 Save On Foods Gift Card

How to win:

Share a photo of you getting active on social media

#communitybetterreddeer

or e-mail a photo to [move.yourmood@ahs.ca](mailto:move.yourmood@ahs.ca)

For more information, follow us on social media  
Community Better Red Deer

Brought to you by: ParticipACTION, Move Your Mood & the Red Deer Wellness Alliance