



**Let's
Get
Active**



The Community Better Challenge is a national physical activity initiative that encourages Canadians to get active in search of Canada's Most Active Community. From June 1 – 30, 2021 ParticipACTION is asking Canadians to get active and track their physical activity minutes in an effort for their community to be recognized as one that champions active living.

Download the ParticipACTION app from Google Play or the App Store and start tracking your activity.

- App can be linked to a fitness tracker (Google Fir, fitbit and GARMIN) and will automatically track your activity.
- If you do not use a fitness tracker, your activity minutes can be entered manually into the ParticipACTION app.