



Community Better Challenge

Are you ready for the 2019 ParticipACTION Community Better Challenge?

Engage your family, friends, neighbours and fellow community members to get active and your community could win \$150,000 to go toward physical activity initiatives and be crowned the title of **Canada's Most Active Community!**

**Grants now available.
Click below to apply!**

APPLY NOW

In the head-down busyness of our daily activities, it's easy to become isolated. Technology and time constraints lead us to send quick texts and emails over face-to-face conversations. 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. Want to connect more with individuals in your workplace, neighbourhood or organization? You may be ready to [Community Better](https://www.participaction.com/en-ca/programs/community-better).

What is the Community Better Challenge?



The Community Better Challenge is a national physical activity challenge that rallies communities coast to coast to stay less and move more together. We are calling on all Canadians to get active and incorporate physical activity where they live, work and play. It's time to put down the phones and tablets for a few minutes and reconnect with neighbours and fellow community members.



As individuals or as part of an organization, we are 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. At the conclusion, we'll recognize and celebrate community achievements, crowning regional winners and ultimately appointing one community with

the designation of **Canada's Most Active Community!**

When will it take place?

The challenge will kick-off on May 31st and will wrap-up on June 16th. Make sure to get your community engaged and tracking their minutes throughout the entire challenge period, the more minutes the better, and every minute counts.

How will the challenge work?

Participants will be able to track their active minutes in two ways **starting May 31st, 2019**:

Download the ParticipACTION app! By doing so, minutes tracked through your app will automatically go toward your community score. The more you use the app, the greater chance your community will have of succeeding. Download the ParticipACTION app as of late-January to be eligible for individual rewards! Sign-up at www.participACTION.com and start tracking your physical activity minutes. Here you will be able to track minutes as an individual or on behalf of an organization. Individuals will also be able to track on behalf of their children.



In either case, your minutes will be added to your community based on your postal code. Minutes will accumulate based on each community and will determine a community's overall "score". However, the calculation will take into consideration the varying size of communities, allowing everyone an equal chance to win! Not only will there be a national winner, we will have finalists and winners recognized from across all regions of Canada. So, whether you live in Moose Jaw, Saskatchewan or Montreal, Quebec, every community has equal opportunity to be named as the most active in Canada.



Who can participate?



The challenge will be open to all Canadians. Individuals over the age of 13 will be able to track their own minutes through the ParticipACTION app, while children will be able to have their own minutes counted toward their community with the support of their parent or guardian through the ParticipACTION website.

Organizations, schools, sport groups and workplaces are encouraged to spread the word about the challenge to their members and surrounding networks as well as track minutes on behalf of their organization. Come February, organizations will be able to register online and take advantage of ParticipACTION's tools and resources, which will enable them to host a new or existing event or program during the challenge, focusing on physical activity opportunities within their community.

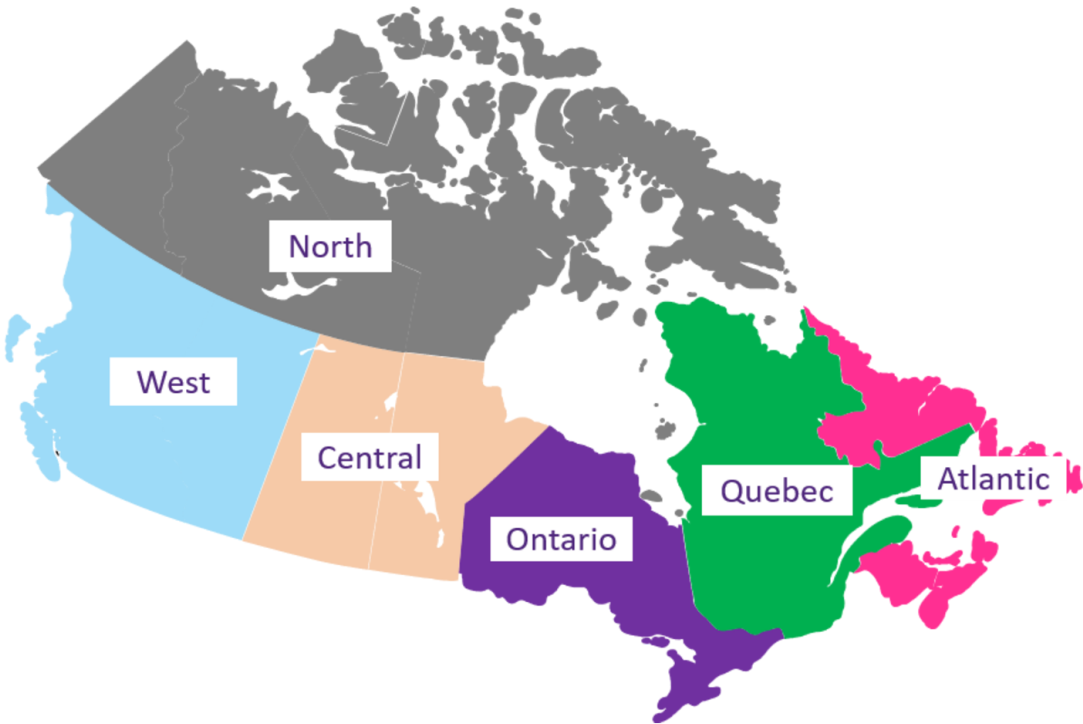
How can my community win?

Ultimately, it will come down to the community with the most tracked minutes based on the size of their community. Full challenge details including terms & conditions will be outlined on our website in early 2019.

What can my community win?



Communities will be able to win prizes in place of one of several regional prizes. Canada has been divided into six regions as outlined on the map below.



The prizing structure is as follows:

Category	# winners	amount
National Winner	1	\$ 150,000.00
Regional Winner	5	\$ 20,000.00

Want to be crowned Canada’s most active community?

In order to increase opportunities for participants in your community to get active, we are looking to engage organizations to host events or deliver physical activity programs within their community. Register what you are already doing or create something new!

To help you get started, we will be providing digital and physical toolkits that will help you plan and promote your event or program. Toolkits will include posters, water bottles, balls/frisbees, signage and other promotional swag.

In addition, we will be offering grants to those organizations who are eligible.

Make sure to register your event at www.participACTION.com starting February 1st.



Apply for a grant for your event or program!



Starting in February, organizations and groups will be able to register their events and programs and apply for a grant between \$250 - \$1000 to help them promote physical activity during the Community Challenge!

For your event or program to be eligible, it must:

Take place in Canada.

Take place during May 31st, 2019 and June 16th, 2019.

Be registered on the ParticipACTION website as part of the Community Challenge.

Complete a post-event online survey within one month following the program or event completion.

Organizations/groups that may be eligible are:

Community, not-for-profit organizations and associations that can offer physical activity or sport participation opportunities in their community and/or who can promote and engage their citizens in the Community Challenge

Municipalities or members representing an unorganized territory

Schools

First Nations and Indigenous groups/associations

Multi-sport service organizations

National, provincial and local sport organizations

Other organizations that reach underserved groups and who demonstrate the need for funds to deliver physical activity or sport participation opportunities in their community and/or who can promote and engage those groups in the Community Challenge

Grant Applications will be accepted between February 1st and March 1st.

For further details, please download a copy of the Grant Application Guidelines.

[GRANT APPLICATION GUIDELINES](#)

[DOWNLOAD](#)

**Grants now available.
Click below to apply!**

[APPLY NOW](#)



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