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The ParticipACTION 150 Play List was Canada's physical activity movement of 2017

With more than 2.3 million activities checked off, the Play List got Canadians off the couch and more active

Toronto, Ontario (December 1, 2017) – With the ParticipACTION 150 Play List coming to an end, it's time to look back and celebrate its journey and successes. In a recent poll of Play List participants, 62 per cent of respondents said they participated in the program to celebrate Canada's 150th birthday, 58 per cent said it got them off the couch more and 45 per cent said they are more physically active because of it. More inspiring, 91 per cent said they intend to maintain this level of physical activity after the program is over.

“Created to celebrate 150 years of active living in Canada, and inspire and motivate Canadians everywhere to move more and sit less, the Play List accomplished what it set out to do,” said Elio Antunes, President and CEO of ParticipACTION. “The program is wrapping up, but moving more and sitting less shouldn't! Being active is a part of who we are as Canadians, and we should continue to celebrate that every day. Canada is our playground, offering us so many ways to be active.”

The ParticipACTION 150 Play List - the ultimate list of 150 physical activities that define us as Canadian - was created to celebrate Canada's 150th anniversary of Confederation. Throughout the year, Canadians were challenged to try and track as many of the activities on the list as possible. The top five activities tracked nationally were: Walking, Housework, Fitness Activities, Dog Walking and Gardening. In typical Canadian fashion, however, participants were checking off activity #132 Snow Shoveling in September.

In addition to getting them more active, 60 per cent of participants said that the Play List got them outside more, and 65 per cent said it allowed them to try a new sport or physical activity such as Side Reach, Geocaching, Pickleball and Axe Throwing. Play List Champions were plenty, including 59-year-old grandmother, [Linda LeBlanc](#), in Manitoba and the Twitter adventures of [@SwelSheila](#) in Prince Rupert, B.C.

The Play List Tour made over 100 stops across Canada, making it easy for Canadians from coast to coast to coast try new activities - more than 210,000 Canadians visited tour stops. The Tour covered 151,048 km on the road, even flying to remote northern towns like Kugluktuk and Arviat in Nunavut.

Want more fun facts on the Play List? Find a list of them [here](#).

“Throughout the year, communities across the country got moving and became active for Canada 150. I would like to thank ParticipACTION for inspiring and motivating Canadians to embrace healthy and active lifestyles,” said the Honourable Mélanie Joly, Minister of Canadian

Heritage.

“I can’t think of a better way to wrap up this Canada 150 year than by completing the ParticipACTION 150 Play List,” said the Honourable Kent Hehr, Minister of Sport and Persons with Disabilities. “All year long, the Play List has encouraged physical activity among Canadians—including people of all abilities, since adaptive options are offered for each item on the list. There’s still time to complete all 150 activities before 2017 is over.”

“We are thankful for the support of all our partners – the Government of Canada, the Governments of B.C. and Newfoundland & Labrador, premier corporate partners Manulife, Chevrolet and Shaw, and national media partner, Corus,” said Antunes. “Our country is a year older, and thanks to this massive team effort, we’re stronger and healthier, too.”

About the ParticipACTION 150 Play List

To celebrate Canada’s 150th anniversary of Confederation, ParticipACTION created the ParticipACTION 150 Play List - the ultimate list of all the physical activities that make us Canadian. Throughout 2017 every Canadian, in all communities, schools and workplaces from coast to coast to coast, were challenged to complete as many physical activities on the list as possible, track their efforts online and earn rewards along the way. The ParticipACTION 150 Play List was a collaborative effort supported by the Government of Canada, premier corporate partners Manulife, Chevrolet and Shaw, the Government of B.C., the Government of Newfoundland & Labrador and national media partner Corus. To find out more, please visit www.participACTION.com/150.

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