



Workplace Action Plan



Funded by the
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Introduction

The ParticipACTION Community Challenge is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community.

It's time for a new game: movement for everyone. The ParticipACTION Community Challenge is leveling the playing field by empowering individuals and strengthening communities through the power of sport and physical activity. Everyone should enjoy the mental and physical benefits of getting active, including the essential feeling of inclusion and belonging in a community – however you define it.

To help you promote physical activity and community within your organization, we have put together a turnkey month-long Action Plan. Within the Action Plan you will find an editable poster, calendar of events and e-signature to keep your team moving throughout June.

Get moving to win!

2 Team prizes



Each member of the team will win a \$200 Decathlon gift card

15 Individual prizes



\$100 gift cards to Walmart

Community prizes

- The challenge is open to all communities and individuals, ultimately recognizing Canada's Most Active Community and awarding it with \$100,000 to support local physical activity and sport initiatives.
- In addition to the national winner, there is also prize for the most active community in each province and territory.

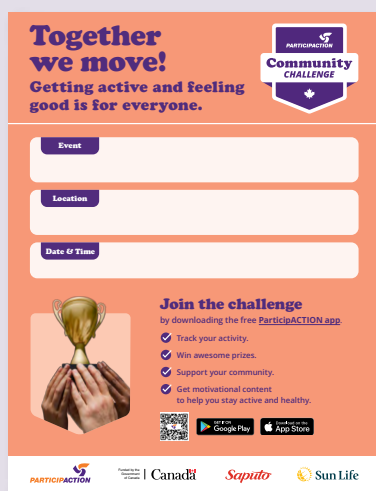


Resources and support

1

Editable event poster

Fill out, print and post the Community Challenge [event poster](#).



2

Calendar of events

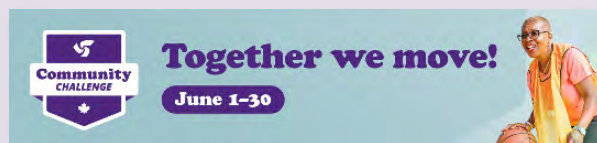
Share this Community Challenge [calendar of events](#) with your team and encourage everyone to be active throughout the challenge.



3

E-signature

Add the Community Challenge [e-signature](#) to show your team that you are empowering them to strengthen their community through the power of sport and physical activity.



Keys to success

Spread the word

Print and/or **share** the resources in this toolkit to encourage participation within your workplace.



Be inclusive

Make sure to consider both employees **working remotely** and those **working in person** when organizing and planning activities.



Make it social

Being active as a workplace is a great way to build and nurture **social bonds**.



Make it sunny

Take advantage of the warmer weather and **include some daytime outdoor physical activity** for your team.



Make it long-term

These activities are just a start. Consider adding your own community-boosting physical activity initiatives to your workplace **calendar**.



Want to know more?

Visit ParticipACTION.com for more information.



Looking for a tool to get your workplace active 365 days a year?

Join other successful organizations and take a step toward improving employee physical and mental well-being.

Check out the [ParticipACTION+](#) health and wellness program.