



ACTIVITY PASSPORT

JUNE 4th - 11th

Name _____

Email _____

Address _____

Phone _____

Activities

Please register at MOVEtoGIVE.ca to qualify for prizes.



Share your Favourite Trail

Visit your favourite trail. What do you see, hear, or smell? Share your experience on social media - #MoveToGive.



Nature Scavenger Hunt

What's blooming in your neighbourhood? Make a nature collage of items you find on the ground. Share your collage on social media - #MoveToGive.



Play Your Way

Visit a local park. Sit on a bench. Swing from the monkey bars. Enjoy the beautiful June weather!



Water Play

Visit a YMCA pool in your community. Play in a sprinkler. Safely visit a nearby lake.



Get in the Garden

Visit a community garden, plant something at home, or help a friend with their garden or lawn.



Mindful Minute

Take a deep breath, take some time to relax, and take care of you! Visit ymcahome.ca for self-care tips.



Move It, Shake It, Lift It!

Try a fitness class at your Y, visit ymcahome.ca, or set up a family bootcamp in your yard. How else can you move?



Go Star Gazing

Can you spot Orion or the Big Dipper? What is your favourite constellation? Make a wish on your favourite star.



It's Fun to Stay at the Y-M-C-A!

Share your best song and dance on social media using #MoveToGive



Set a Daily Step Goal

Take the scenic route or the stairs. Tell us each day your met your goal on social media.



Invite a Friend

Try a new sport or fitness class, organize a pick up game, or go for a walk with a friend.



Create your own challenge

Set a daily squat goal, learn to run a 5K, see how many lengths you can swim in the pool. What moves you?

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107.5K00LFM

BARRIE'S BEST MIX



MOVEtoGIVE.ca