



PARTICIPACTION

**Community
CHALLENGE**



Join the ParticipACTION Move for your Mood Challenge January 16–31!

Calling all families, friends and fellow community members! It's time to get moving to help reduce stress and promote happier feelings. Physical activity literally boosts your mood! Any movement like a walk, bike ride, jumping jacks or a swim will provide some mood-boosting effects.

Join the Move for your Mood challenge, when getting active not only makes you feel better, you might just win prizes too!

It's easy to join, simply download the free ParticipACTION app through the Apple App Store or Google Play Store. Sign up with your Richmond postal code and log your activity January 16–31.

Learn more

www.participACTION.com/programs/move-for-your-mood

