

# COMMUNITY BETTER CHALLENGE

#CommunityBetterChallenge

June 1st – 30th, 2021

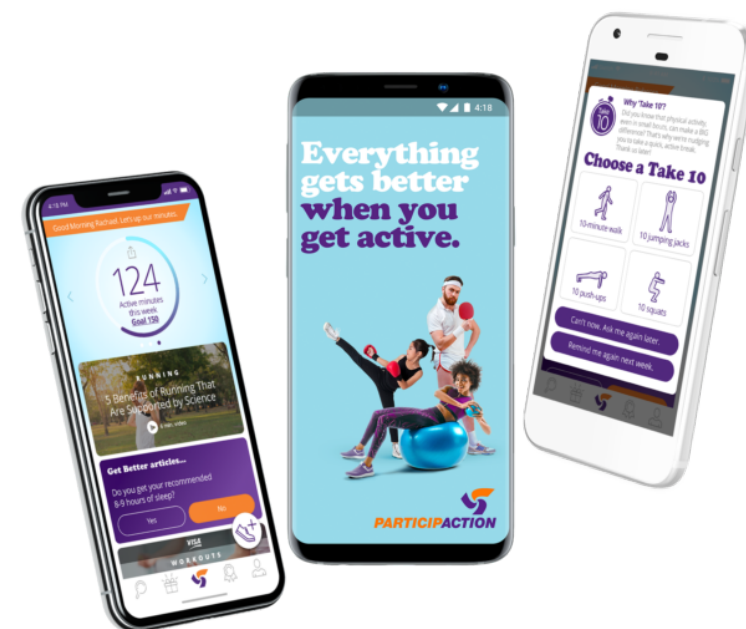
MAKE EVERY MOVE COUNT!



Join the ParticipACTION  
#CommunityBetterChallenge  
Download the Free  
ParticipACTION app and track  
your minutes!



# JUNE 2021



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Word Workout RECREATION	2 FREE Yoga Naramata Hike Naramata	3	4	5
6	7 FREE Registration Similkameen Rec Centre	8 FREE Starlit YOGA Word Workout COMMUNITY	9 FREE Yoga Naramata Hike Greater West Bench FREE Registration Similkameen Rec Centre	10	11	12 Intro to Pickleball Naramata
13	14	15 Word Workout WORKOUT	16 FREE Yoga Naramata Hike Kaleden FREE Starlit YOGA	17	18	19
20	21 RUN, JUMP and THROW Naramata FREE Starlit YOGA National YOGA Day with Starlit	22 Word Workout OKANANGAN	23 FREE Yoga Naramata Hike Okanagan Falls	24	25	26
27	28 FREE Starlit YOGA	29 Word Workout PARTICIPATE	30 FREE Yoga Naramata Hike Similkameen			

Join the  
**ParticipACTION**  
**#CommunityBetter**  
**Challenge.** Track  
 your activity on the  
**ParticipACTION** app  
 from June 1 – 30  
 and make every  
 move count.

**#CommunityBetterChallenge**



# #CommunityBetterChallenge



## Schedule June 1st -30th

**\*Registration is REQUIRED for all Events\***

**[Click here to Register!](#)**

### Word Workout!

**Tuesdays, June 1st - June 29th:**

Spell the word prompt on the calendar or spell any word you want!

Try to Challenge yourself!

### Intro to Pickleball

**Saturday, June 12th 10am-12pm**

Naramata Courts (\$5 registration)

### FREE Starlit Yoga

**Greater West Bench - Mariposa Park:**

**June 8th @5:15pm:** Molly Cahalin

**June 16th @1:30pm:** Bren Leclerc

**June 21st @10:30am:** Michela Carloni (National Yoga Day)

**June 28th @6:30pm:** Amrika Tikasingh

### FREE yoga at Centre Beach

**Wednesdays, June 2nd - 30th @ 9am**

with Rose

### RUN, JUMP and THROW

Penticton Athletics Club

**June 21st @4pm - Manitou Park**

Free for ages 6-12, registration required

### Starlit Yoga

International Yoga Day and Summer Solstice

**June 21st @6pm**

Register at [www.starlityoga.com](http://www.starlityoga.com)

### Wednesday Hikes

**June 2nd:** Hike in Naramata, meet at Creek Park at 9am

**June 9th:** Hike in West Bench, meet at Gravel Parking Lot at 9am

**June 16th:** Hike in Kaleden, meet at Pioneer Park at 9am

**June 23rd:** Hike in OK Falls, meet at McLean Creek Rd at 9am

**June 30th:** Hike in the Similkameen, meet at the Rec Centre at 9am

### FREE Gym/Cardio Registration

*\*Subject to Availability\**

### Similkameen Recreation Centre

311 9 St, Keremeos, BC VOX 1N2

**Monday, June 7th and Wednesday, June 9th**

Register online at:

**Weight room:** <https://similkameenweightroom.skedda.com/>

**Cardio area:** <https://similkameencardioroom.skedda.com/>

**For more information on the #communitybetterchallenge and how to participate please email [sclement@rdos.bc.ca](mailto:sclement@rdos.bc.ca)**



# WORD WORKOUT



- A** - 30 Jumping Jacks
- B** - 20 Alternating Reverse Lunges
- C** - 10 Push-ups
- D** - 15 Crunches/Sit ups
- E** - 15 Squats
- F** - 30 Seconds of High Knees
- G** - 10 Inch Worm Push-ups
- H** - 20 Alternating forward Lunges
- I** - 10 Triceps Dips
- J** - 20 Ab Toe Taps
- K** - 15 Squat Jumps
- L** - 30 Seconds of Skipping
- M** - 30 Alternating Mountain Climbers

- N** - 20 Bridge Dips
- O** - 10 Wide Arm Push-ups
- P** - 10 Leg Lifts
- Q** - 20 Alternating Side Lunges
- R** - 20 Russian Twist
- S** - 15 Sumo Squats
- T** - 20 Standing Oblique Dips
- U** - 30 Seconds of Butt Kicks
- V** - 10 Triceps Push-ups
- W** - 20 Walking Lunges
- X** - 30 Mountain Climbers
- Y** - 30 Second Plank Hold
- Z** - 10 Burpees

Try spelling the word 2-3 times!

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