



COMMUNITY FIRST  
HEALTH CO-OP

NELSON STAR



WK CYCLING  
COALITION

Inviting all community individuals, families, centres, businesses, clubs and organizations to register their minutes of activity for Nelson in Motion Community Better Challenge to crown Nelson as the most Active Community in Canada



May 31st to June 16th, 2019

Register today to log your activity with the ParticipACTION app or at [www.participACTION.com](http://www.participACTION.com) and [www.10000steps.org.au](http://www.10000steps.org.au) to start tracking, Nelson

**Saturday June 1st** NELSON IN MOTION KICK OFF 10:00-2:00 at NDCC

Toonie Admission for Pool, Free trishaw rides - Cycling without Age, Refreshments, Tech Support, Free Pedometers for those without a tracking device, and prizes.

Community Walk for Wellness for Everyone 1:00 pm  
Community First Health Co-op (518 Lake St. to Hall Street Park

Trishaw Rides Cycling for ten minutes of activity to register. Food, Prizes, Fun and Bake Sale combined to start the challenge for activity.

Donations for Rise Above Pain Self Management of Chronic Pain Outreach Programs will be gratefully accepted.

**May 27th - June 2** -Bike to Work and School Week

**June 2nd** - at 11:00 am Power By You 723 Front Street - Free Functional Body Building Class Accessible to anyone

**June 2 -16th**- 10:00 am every morning – Hosted Waterfront Walk – Meet up at the entrance to the Waterfront Pathway Sign (Save on Food end of the parking lot) to collect steps/minutes of activity.

**June 2 to June 8th** BC Better Commuter Challenge

**June 2nd** - Walk for ALS- Rotary Lakeside Park at 11:00 am. Walk with the participants to cheer them on and register your minutes.

**June 3rd-June 14th** Break out of Business "Fit Breaks" with Karen Arnold. As your break time fits- online video at: [atouchofblissmassage.abmp.com](http://atouchofblissmassage.abmp.com) and/or live 2:00 to 2:15 Monday to Friday.

**June 5th**-- Come out and join the fun with the National ParticipACTION RALLY Team providing fun and unique physical activity experiences with an oversized activity dice to engage in fun, timed activity challenges like the stick pull and a friendly game of Tug of War. Free prizes for the participants.

8:30 am at Hume Elementary  
11:00 City Hall  
3:00 to 7:00 pm at NDCC

**June 7th**- Nelson Christian Community School – 810 10th Street: Obstacle Course for all ages 1:00 to 4:00 pm

Anytime and Every time Adventures to join Nelson in Motion – Fun and Free Activities- It is Why We Live Here

Dog Walk Entrance-1,527 Steps  
Waterfront Plaza (Hall Street)- 700 Steps  
Rotary Lakeside Park- 2,534 Steps  
Hall Street Plaza-975 Steps  
Railtown Entrance -975 Steps  
Cottonwood Park- 623 Steps  
Baker Street Ramble from Railtown (CofC)- to Hendryx-1220 Steps  
CFHC Walk for Wellness to Hall Street Park (Prestige)-660 Steps to Pagoda, 840 Steps to end of the Wharf in Park. (to connect with other stepped out city walks.)

Mall- A&W Mall entrance to Save On Foods - 260 Steps, Save On Foods Exit to Walmart Inside Entrance- 200 Steps

Pay your respects to the many folks that built our community on the Cemetery Walk for 1765 Steps, add the 4th level for an additional 795 steps for a total of 2560 steps.

Learn the story of our Heritage Buildings on the Heritage Walk for 2,179 Steps- Maps available from Chamber of Commerce in Railtown .

Enjoy the view at the top of Pulpit Rock for 6000 steps.

Build your own steps with a pedometer walking kit signed out from the Nelson Public Library.

Challenge your family, friends and co-workers, to join the quest for 10,000 Steps/Activity a day for wellness.

Every step/minute counts!

For more information visit [health co-op.ca](http://health co-op.ca)

Nelson & District  
CREDIT UNION



NELSON BOX OFFICE



NDCC

save on foods

connect  
Nelson Public  
LIBRARY

ez ROCK TODAY'S BEST VARIETY

10,000  
STEPS

Kootenay  
co-op



School District 8  
Kootenay Lake

SAFeway