

FROM JUNE 1ST TO 30TH, GET MOVING WITH PARTICIPACTION!

Baie-Comeau, June 1, 2022 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord invites North Shore residents to get moving from June 1st to 30th as part of the ParticipACTION Community Better Challenge. This annual event encourages Canadians to get active in search of Canada's most active community.

To participate, track your personal activity minutes by downloading the free application or by signing up on the ParticipACTION [website](#). All minutes tracked until June 30th help your community be crowned the most active one and earn the top prize of \$100 000.

An activity calendar developed for you

Physical activity is to be privileged to remain mentally, physical and socially healthy. This is even more true as the pandemic had the adverse effect of increasing physical inactivity, among other things. Therefore, prevention and healthy lifestyle habit promotion officers of the CISSS de la Côte-Nord have prepared:

- A [calendar](#) with daily motivating and inspiring activities to help you get moving;
- Workshops to discuss the adoption of a physically active lifestyle. [Contact your territory's prevention and health lifestyle habit promotion officer](#) for more information.

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