



VULCAN COUNTY WELLNESS CHALLENGE

202



New Date May 31– June 30

In order to
Win
You need to
Begin
...Get
Started



3 easy Steps:

1. Download the ParticipACTION App:
2. Register with postal code T0L 2B0
3. Track all your physical activity in the app from June 1 to 21



The Challenge

We're excited to announce that Vulcan will be participating in the ParticipACTION Community Better Challenge and also will team up with the Vulcan County Wellness Challenge to run concretely from **June 1 to 30**, as we strive to be named Canada's Most Active Community. Challenges help strengthen communities through physical activity and sport because everything gets better when you get active. We ask that you participate in both challenges as a team with the Wellness challenge and as a community in the better communities challenge. Use the ParticipACTION app to log your minutes of activity for the week and then send them into the Wellness Challenge. ParticipAction is awarding **\$150,000** to the community who rallies the most participants and accumulates the most active minutes during the challenge. You can also win individual prizes also. We encourage all residents to download the app and track their own activity to support our Community Better challenge! How? It's easy as 1, 2, 3!

1. Download the new ParticipACTION app – the active app for everyone.
2. Track and contribute to total active minutes from June 1–30.
3. Invite your friends to do the same!

Don't forget to count all your active minutes gardening, chores, even the walk to the store.

When: May 31 to June 30



Find us on:
facebook®

@VCHWF or @Vulcanrec

From Fitness to Wellness;

2021 is about your whole health.

The Vulcan County Health and Wellness Foundation, in partnership with many other organizations and with Sponsorship from many local businesses, will again be hosting our County Wide "Wellness Challenge" this coming spring, and it will run for the entire month of June. The registration portal to open in mid-April. This annual event's necessary re-branding has seen the "Vulcan County Wide Fitness Challenge" changed to



"Vulcan County Wide Wellness Challenge." This better reflects the broad range of health and wellness aspects emphasized in this event, with the end goal to

improve our participants and our community's overall health and Wellness. With the COVID-19 pandemic reality, focusing on all aspects of health is so important. The event's goal is to promote a healthy lifestyle by promoting all seven dimensions of Wellness.

Social Wellness: Positive relationships with family, friends, and community members

Physical Wellness: taking care of your body by making informed decisions

Emotional Wellness: positive feelings about yourself, sharing your feelings and being optimistic.

Occupational Wellness: satisfaction with your job, working in a healthy environment, balancing work, and family life

Intellectual Wellness:

engaging in stimulating activities, expanding knowledge and abilities.

Environmental Wellness:

living in and supporting a clean and safe environment

Spiritual Wellness: living a meaningful and purposeful life.

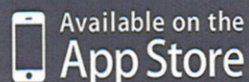
We will see you at this year's Wellness Challenge!



How Does it Work

Complete the tasks below via the Rally Health App or rallyhealth.com:

- 1) Sign up a team for the Vulcan County Wide Wellness challenge at www.vchwfoundation.com by April 30
- 2) download the ParticAction App at :



County Wellness Challenge you can still help by signing up for the ParticAction app and participate in all the fun events.

3. Pick up your team package at the Vulcan Lions Community Pool May 21
4. Keep track of your active minutes using the ParticAction App
5. Earn Bonus Points following the 7 elements of Wellness

Some of the Ways

- Read a wellness book
- Participate in Virtual wellness Learning
- Nutrition Challenge
- Special Events

Check www.vchwfoundation.com for more information on bonus points

6. At the end of each week gather all your points and send them to your team leader to be entered. Remember your participation App will keep track of your activity minutes for the week.



Everything gets better when you get active.

7 Dimensions of Wellness

Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential (physical, emotional, spiritual, intellectual, social, environmental, vocational) to pursue and optimize life's possibilities.

The wellness dimensions overlap and coordinate to provide rich environments for living. Wellness becomes a framework that is valuable for serving the wants and needs of a person engaged in life.



Physical

The goal of living independently is one shared by many people, and physical wellness is necessary to achieve this. Lifestyle choices that can maintain or improve health and functional ability include engaging in physical activity, choosing healthy foods with adequate nutrition, getting adequate sleep, managing stress, limiting alcohol intake, not smoking, making appointments for check-ups and following medical recommendations.

Professional, vocational

Work that utilizes a person's skills while providing personal satisfaction is valuable for society as well as the individual. Participating in the paid and unpaid workforce means maintaining or improving skills, and helping others. Older adults contribute to society as experienced professionals, caregiver, mentors, teachers and volunteers. Leisure-time vocations in the arts and through hobbies maintain vocational skills.

Social

Social interactions with family, friends, neighbors and chosen peer groups can be valuable for maintaining health. Personal contact by joining clubs, traveling, visiting friends and family, engaging in intergenerational experiences like making quilts with a elementary school children is beneficial for everyone who it touched.

Spiritual

Living with meaning and purpose in life, guided by personal values, is key to feelings of well-being and connection to the larger world. Group and individual faith-based activities, personal meditation, mindful exercise (yoga, tai chi) and experiencing nature can create the opportunity for spiritual growth.

Environmental

Surrounded by natural and man-made environments, good stewardship means respecting resources by choosing "green" processes that re-use and recycle goods. It also means looking at ways to bring people into the natural environment and encourage active living through urban and property designs emphasizing walking paths, meditation and vegetable gardens and similar options.

Emotional

Feelings are the lens through which people view the world, and the ability to be aware of and direct one's feelings helps to create balance in life. Coping with challenges and behaving in trustworthy and respectful ways signal emotional wellness, attributes that can be encouraged through peer counseling, stress management, humor/laughter and personal histories.

Intellectual, cognitive

Engaging in creative pursuits and intellectually stimulating activities is a proven approach to keeping minds alert and interested. There are many ways to stay intellectually active, including taking college courses, journaling, painting or joining a theater company, and challenging oneself with games and puzzles.



JUNE



	May 31 Wellness Challenge Kickoff Early Bird/ Lane Swim - Public Swim - Aquafit	1 Early Bird/ Lane Swim - Tot Lot Wellness Tuesday - Public Swim - Aquafit	2 Early Bird/ Lane Swim - - Fitness in the Park - Public Swim - Aquafit - Basketball	3 Early Bird/ Lane Swim Family Park Fun-Beach Volleyball - Public Swim - Aquafit	4 Early Bird/ Lane Swim - Public Swim TGIF	5 - Public Swim
6 - Public Swim	7 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit	8 Early Bird/ Lane Swim - Tot Lot Wellness Tuesday - Public Swim - Aquafit	9 Early Bird/ Lane Swim - Scavenger Walk - Fitness in the Park - Public Swim - Aquafit - Basketball	10 Early Bird/ Lane Swim Family Park Fun - Beach Volleyball - Public Swim - Aquafit	11 Early Bird/ Lane Swim - Public Swim TGIF	12 - Trek Riddle Chase - Public Swim
13 <i>We are Champion</i> 5 km Walk & Run - Public Swim	14 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit	15 Early Bird/ Lane Swim Wellness Tuesday - Tot Lot - Public Swim - Aquafit	16 Early Bird/ Lane Swim - - Fitness in the Park - Public Swim - Aquafit - Basketball	17 Early Bird/ Lane Swim Family Park Fun - Beach Volleyball - Public Swim - Aquafit	18 Early Bird/ Lane Swim - Public Swim TGIF	19 - Public Swim
20 - FATHER'S DAY FAMILY WALK/JOG FOR DADS - Public Swim	21 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit	22 Early Bird/ Lane Swim Wellness Tuesday - Tot Lot - Public Swim - Aquafit	23 Early Bird/ Lane Swim - - Fitness in the Park - Public Swim - Aquafit - Basketball	24 Early Bird/ Lane Swim Family Park Fun - Beach Volleyball - Public Swim - Aquafit	25 Early Bird/ Lane Swim - Public Swim TGIF	26 - Public Swim
27 - Public Swim	28 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit	29 Early Bird/ Lane Swim Wellness Tuesday - Tot Lot - Family Park Fun - Public Swim - Aquafit	30 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit - Basketball	Be Safe. Make Space. Please maintain a physical distance to help keep our community healthy. 		
						Notice Events may change at any time due to AHS regulations

Community Activity

Get moving with friends, family, coworkers and neighbors and build social bonds while participating in some old and new activities. Recent studies have shown that engaging in playful activities through adulthood can help lower stress, improve cognitive functions, and build social bonds with others, which is so much more than what your phone can do for you. Watch for more information closer to date.

Family Park Fun

Enjoy an evening in the park with family. Maybe bring a picnic. Offering many different outdoor game each week to be enjoyed by young and old.

Thurs 6pm, Vulcan Pool Park

Fitness Friday—TGIF

Flip a Coin what should we do today? Vulcan County offers many activities for one to do, walk the many trails, play a round of golf, go fishing or water skiing, enjoy a swim at one of the pools or many lakes or just do some yard work. Being active is easy just do it.

Fitness in the Park

Pick those feet up and enjoy fitness in the Park. Each week we have different instructors from aerobics to yoga and everything in between.

June 2 — Jessie Vooys, Rural Route, Boot camp
Vulcan Memorial Park 6pm

June 7 — Michelle, Full Motion Fitness, stretch class,
Vulcan Memorial Park 6pm

June 9—Karen and Jenn, Vulcan yoga & Wellness, Yoga
Vulcan memorial Park, 6pm

June 9—Jessy Vooys, Rural Route, Boot Camp
Milo, 6pm

June 14 — Clarice Gilbert, Zumba,
Vulcan Memorial Park, 6pm

June 16—Karen and Jenn, Vulcan yoga & Wellness, Yoga,
Vulcan Memorial Park, 6pm

June 16—Jessy Vooys, Rural Route, Boot Camp
Vulcan Memorial Park, 7pm

June 21—Denis Greve, Tia Chi,
Vulcan Memorial Park, 6pm

June 23—Jessy Vooys, Rural Route, Boot Camp
Milo, 6pm

June 28—Clarice Gilbert, Zumba,
Vulcan Memorial Park, 6pm

June 30 — Karen and Jenn, Vulcan Yoga & Wellness, Yoga,
Vulcan Memorial Park, 6pm

Early Bird/Lane Swim

Early Bird Swim Mon to Fri 6:30—8am, Vulcan Pool
Lane Swim Mon to Fri 1—12pm & 7-8pm, Vulcan Pool

Aqua Fit

Regardless of your fitness level, you can get a great workout in the water. Your instructor will offer plenty of modifications to increase or decrease the difficulty of the moves, and you're always free to go at your own pace.

Monday to Thursday 7-7:30pm, Vulcan Pool

Public Swim

Fun for the whole family swim some lengths climb the stairs for a trip down the slide. Exercise does not need to be boring.

Mon to Fri 4pm—7pm, Vulcan Pool

Weekends 1—7pm, Vulcan Pool

Check Champion Pool for times

Beach Volleyball

Enjoy a evening playing Volleyball in the Sand.

Tues 7pm, Pool Park

Basketball

Drop-in for a game of Co-Ed Basketball. All skill levels welcome

Wed 8pm, Vulcan CRC

Tot Lot

This is a free play session as your young one explores his creativity to create an obstacle course and explores their abilities ages 2-6 accompanied by adult

Tuesday 1pm, Vulcan Birch Park.

Seniors Week

Seniors Week June 7 to 13, Acknowledge and celebrate the contributions and achievements of older adults in our communities

Special Events



Explore Arrowwood as you enjoy a fun scavenger hunt. Information on Facebook



Darkness Into Light a special morning that involves a 5km walk beginning at 4:45am. Participants walk from darkness into the morning light in the name of mental health awareness and suicide prevention. Presented by Vulcan Mental Wellness Support Community

Wellness Tuesday Series

Join us every Tuesday as we present a different pillars for wellness

June 1 Nutritional webinar by Alberta Health Services

June 8 Q & A on Sleep Behavior by Centre for Sleep

June 15 The Great Disconnect a film describing the social isolation of today society by ACT 4 HEALTH

June 22 TBD

June 29 Mental Wellness Webinar by is Vulcan Mental Wellness Support Community



Small event this year visit www.spockdays.com for more information on events around town.



The Vulcan Porchfest is a grassroots community music spectacle where front porches become stages, yards become venues. This year will be downtown to support our local

FATHER'S DAY FAMILY WALK/JOG FOR DADS

Join us for a Father's Day Walk/ Jog in one of our scenic communities, maybe through the beautiful streets or among the many hidden treasure in the county Vulcan. Receive bonus points if you complete the walk/jog through a different area you live.



Carmangay Nature Walk consists of a 2+walk through one of the most beautiful river valleys in Vulcan County. It starts at the Carmangay Lions Campground at 9:00 a.m.

June 27th. Hope to see you there.

We are Champion
5 km Walk & Run

5km Walk/ Run through historic Champion
Meet 3pm at the School.

TINMAN CHALLENGE

Complete the Tinman over the month of June. Complete 5 km walk/run, 20 km bike and 20 lengths of the pool. Look for more information on Facebook.



July 7, 2021 join us for the Wellness challenge windup.
Location: CCHS Sports Field
Time: 7pm