

VULCAN COUNTY WELLNESS CHALLENGE 2022

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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 Fitness Challenge to run concretely from **June 1 to 30**, as we strive to be named Canada's Most Active Community. In 2021 we were close as we were named Alberta's Most Active Community. We have to thank all the different group that participate in the County Fitness Challenge and in the Better Communities Challenge.

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 **\$100,000** 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



Find us on:
facebook®

@VCHWF or @Vulcanrec

From Fitness to Wellness;

2022 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.

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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 :



If you miss the deadline for the Vulcan 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

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.



Everything gets better when you get active.

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.

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

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.

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	May 30 Wellness Challenge Kickoff	May 31 Early Bird Swim - Beach Volleyball - Public Swim - Aquafit - Women Tuesdays	1 - Early Bird/ Lane Swim - - Fitness in the Park - Public Swim - Aquafit - Basketball	2 Early Bird/ Lane Swim - - Public Swim - Aquafit	3 Early Bird/ Lane Swim - - Public Swim	4  Lomond 5Km Walk - Public Swim
5  - Public Swim	6 Early Bird/ Lane Swim - Fitness in the Park - - Public Swim - Aquafit	7 Early Bird Swim - Beach Volleyball - Public Swim - Aquafit - Women Tuesdays	8 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit - Basketball	9 Early Bird/ Lane Swim - - Public Swim - Aquafit	10 Early Bird/ Lane Swim - - Public Swim	11  - Riddle Chase - Public Swim
12  - Public Swim	13 Early Bird/ Lane Swim - Fitness in the Park - - Public Swim - Aquafit	14 Early Bird Swim - Beach Volleyball - Public Swim - Aquafit - Women Tuesdays	15 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit - Basketball	16 Early Bird/ Lane Swim - - Public Swim - Aquafit	17 Early Bird/ Lane Swim - - Public Swim	18  - Public Swim
19  - Public Swim	20 Early Bird/ Lane Swim - Fitness in the Park - - Public Swim - Aquafit	21 Early Bird Swim - Beach Volleyball - Public Swim - Aquafit - Women Tuesdays	22 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit - Basketball	23 Early Bird/ Lane Swim - Wellness Thursday - - Public Swim - Aquafit	24 Early Bird/ Lane Swim - - Public Swim	25  - Public Swim
26 - Public Swim 	27 Early Bird/ Lane Swim - Fitness in the Park - - Public Swim - Aquafit	28 Early Bird Swim - Beach Volleyball - Public Swim - Aquafit	29 Early Bird/ Lane Swim - Fitness in the Park - Public Swim - Aquafit - Basketball	30 Early Bird/ Lane Swim - - Public Swim - Aquafit		

Community Activity

Special Events

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Women in Sport Tuesdays

Enjoy a Tuesday evening in the park fellow community members as qualified coaches help you revisit old and new sports

June 7—Soccer: with Sean Carey Coach of the LC Women's Soccer

June 14— Flag Rugby: with Angie Seaman coach and Player

June 21— Disk Golf; with Rob Canadian Champion and coach

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 1 – Jessy Vooys, Rural Route, Boot camp
Vulcan Memorial Park 6pm

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

June 8—Karen and Jenn, Vulcan yoga & Wellness, Yoga
Vulcan memorial Park, 6pm

June 8—Jessy Vooys, Rural Route, Boot Camp
Milo, 6pm

June 13 – Clarice Gilbert, Zumba,
Vulcan Memorial Park, 6pm

June 15—Karen and Jenn , Vulcan yoga & Wellness, Yoga,
Vulcan Memorial Park, 6pm

June 15—Jessy Vooys, Rural Route, Boot Camp
Vulcan Memorial Park, 7pm

June 20—Denis Greve. Tia Chi,
Vulcan Memorial Park, 6pm

June 22— Jessy Vooys, Rural Route, Boot Camp
Milo, 6pm

June 27—Clarice Gilbert, Zumba,
Vulcan Memorial Park, 6pm

June 29 – Karen and Jenn , Vulcan Yoga & Wellness, Yoga,
Vulcan Memorial Park, 6pm

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Join us every Thursdays we present
a different pillars for wellness

June 2 Nutritional webinar by Alberta Health Services

June 9 Q & A on Sleep Behavior by Centre for Sleep

June 16 The Great Disconnect a film describing the social isolation of today society by ACT 4 HEALTH



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

Lomond 5Km Walk



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



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



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 of Vulcan. Receive bonus points if you complete the walk/jog through a different area you live.



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 businesses.

June 26, 2021 Alternate Date Aug 21,

12:00pm Visit www.townofvulcan/recreation/porchfest



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



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.



July 7, 2021 join us for the Wellness challenge windup.

Location: CCHS Sports Field

Time: 7pm