



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

June activity challenge encourages residents to get active outdoors

(Barrie, ON) June is recognized as Recreation and Parks Month in Ontario, and this year's theme is *Active Living is Healthy Living*. For the month of June, the City is challenging residents to a *30 for 30 Activity Challenge*: 30 minutes of outdoor physical activity a day for 30 days.

"Access to parks and recreation is a fundamental human need that supports personal health and strong communities," says Steve Lee Young, Manager of Recreation, Recreation and Culture Services. "This challenge not only encourages outdoor physical activity in creative ways, but also highlights Barrie's incredible recreation and park amenities that our residents can explore and take advantage of, safely."

Participants that register for the challenge online will be entered to win excellent prizes: a 1 year, 6-month, and a 3-month credit to use towards a Barrie recPASS. Facilities are currently closed, and passes will be activated once facilities re-open.

Barrie's green spaces, parks and outdoor amenities are open for casual recreational use, with restrictions in place. Outdoor exercise is currently permitted under Ontario's Stay at Home order, and the City reminds residents to not gather with others outdoors, and if exercising using one of the City's parks, trails or amenities, to maintain a physical distance of at least two metres from others.

May 31 to June 30 is also recognized as Bike Month, which is an opportunity for people to try riding a bike for the first time, learn new skills and have fun. It's a chance to explore your neighbourhood by bike, celebrate cycling and introduce cycling to the next generation of riders.

To learn more and sign up for the activity challenge, visit buildingbarrie.ca/30for30.

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For more information, please contact:

Scott LaMantia
Senior Communications Advisor
scott.lamantia@barrie.ca
705-794-0517