

# Reactivating 2022



## TAKE ACTIVE 2022 CHALLENGE

### ACTIVATE 2022 & WIN!

Hey, Nanaimo! We want to help you start off 2022 by being active! Participate in at least 5 of our outdoor and socially distanced “Active 5” options by yourself or with your family (see list on following page). Then submit your choice of 5 photos to us by emailing them to [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca) or through Instagram (@CityofNanaimo) with the hashtag #Take5Nanaimo (send photos individually or as a collage of 5).

Each entry received will be entered to win the following:

- Grand prize of a 3 month Family Active Pass and other “activity” themed gift cards from community businesses
- Two gift baskets of use-at-home fitness equipment and other items to keep you active all year long

**Challenge will launch on January 1, and submissions will be accepted until January 18, 2022 at 4:30 pm.**



[recreation.nanaimo.ca](http://recreation.nanaimo.ca)  
250-756-5200

CITY OF NANAIMO  
THE HARBOUR CITY



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Participate in 5 activities from the list below, take 5 photos of you participating alone or with your family and send in your photos by email ([parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca)) or through Instagram (@CityofNanaimo) with the hashtag #Take5Nanaimo for a chance to win some great prizes!

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- Complete an indoor body weight workout
- Go for a run outside
- Visit Maffeo Sutton Park
- Complete an outdoor workout
- Participate in an online yoga class
- Skip for 30 seconds (with or without a rope) and then repeat
- Chase your children around their favourite playground
- Do 30 push-ups (floor or wall)
- Go for a swim at Nanaimo Aquatic Centre or Beban Pool
- Go skating at Nanaimo Ice Centre or Frank Crane Arena
- Practice a martial art
- Go to the driving range
- Try a YouTube fitness class
- Take your dog for a walk at a local park
- Ride your bike or walk instead of driving to a destination
- Play tennis at one of the City parks, such as Beban Park
- Go sledding in a local park (remember your helmet)
- Speed walk around the Caledonia Park track
- Do 30 sit-ups
- Score 10 baskets in a row
- Play 9 holes of disc golf at Bowen Park
- Participate in an online dance class
- Play road hockey
- Walk the newly renovated Seabold Rotary Park stairs
- Walk Departure Bay Beach
- Try an outdoor workout at Oliver Woods Community Centre
- Go fishing at Diver Lake Park
- Take your children for a roll at the Harewood Skate Park
- Try a new outdoor sport
- Hike Neck Point Park
- Go for a paddle at one of our lakes, such as Long Lake
- Play pickleball at Oliver Woods or outdoors
- Do 10 chin-ups at one of our playgrounds
- Play soccer at one of Nanaimo's turf fields

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