NEWS RELEASE

FOR IMMEDIATE RELEASE

Join the ParticipACTION Community Challenge

Village of Tahsis, May 5th, 2026

— The ParticipACTION Community Challenge, presented by Novo Nordisk, returns this year to help people in Canada enjoy the many physical, social and mental health benefits of getting active together!

This national physical activity and sport initiative encourages everyone in Canada to get active throughout June, ultimately recognizing Canada's Most Active Community and awarding it $100,000 to support local physical activity and sport initiatives.

To help rally our community and boost our chances at winning the grand prize this year, we need as many people as possible to get involved—every participant makes a difference!

- **Local governments and organizations:** The Tahsis Recreation Centre has registered on ParticipACTION's website and will be tracking how many people stay active at the facility throughout June. This effort helps our community compete for the title of Canada's Most Active Community. All forms of physical activity count toward our progress, including swimming, bowling, workouts in the weight room, pickleball, and sports organized by the Junior Canadian Rangers. Bring your friends and family, get moving, and help show just how active our community can be!

- **Active groups of two or more people:** Sign up for the Challenge on ParticipACTION's website starting April 15, 2026, and participate in physical activities together throughout June. Your selected group leader will then register and track your group's June physical activities on the website. All of your efforts will help boost our community's overall progress—so gather a team and get involved!

Join **the Tahsis Recreation Centre** in the movement to build a stronger, healthier, and more active community—get involved, get moving, and be part of something great!

About the ParticipACTION Community Challenge, presented by Novo Nordisk

The Community Challenge is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community. The Challenge is open to all communities and individuals, ultimately recognizing Canada's Most Active Community and awarding it $100,000 to support local physical activity and sport initiatives. In addition to the national winner, there is also a prize for the most active community in each province and territory, as well as prizes for participating organizations.

The ParticipACTION Community Challenge, presented by Novo Nordisk, is proudly funded by the Government of Canada and Novo Nordisk.