

# IT'S TIME TO MOVE.

@SUNLIFECENTRE

Check out Sun Life Centre for Physically Active Communities' Time to Move list. By signing up for the ParticipACTION app and tracking any of the activities below during June 1-30, 2021, you will be contributing to Waterloo's physical activity totals in the Community Better Challenge. At the end of the month, one community will be named Canada's Most Active Community! Let's do this together Waterloo! Check out this free resource to locate trails, parks, and other community recreation amenities near you!  
<https://bit.ly/2PRLGgZ>

- 4 square
- Artistic Swimming
- Badminton
- Baseball/Softball
- Basketball
- Bean Bag Toss (Cornhole)
- Bird Watching
- Bocce
- Build a Sandcastle
- Camping
- Canoeing
- Chopping Wood
- Cricket
- Cycling
- Dancing
- Fishing
- Fitness Activities (ex. Crossfit)
- Flag Football
- Flying a Kite
- Frisbee
- Gardening
- Geocaching
- GoalBall
- Golf
- Hackysack
- Hide and seek
- Hiking
- Road Hockey
- Hop Scotch
- Housework
- Hula Hoop
- Jump Rope
- KanJam
- Kayaking
- Lacrosse
- Lawn Bowling
- Lawn Mowing
- Marco Polo
- Monkey bars
- Orienteering
- Paddle Boarding
- Picking Fruit
- Pickleball
- Pilates
- Planting a tree
- Rollerblading
- Rowing
- Running
- Scavenger Hunt
- Scootering
- Skateboard/Longboard
- Slacklining
- Soccer
- Swimming/Diving
- Swinging
- Table Tennis
- Tag
- Tennis
- Trampoline
- Volleyball
- Walking
- Washing the car
- Weight lifting
- Yoga
- Other