

#MoveforHealthVan



CELEBRATE VANCOUVER'S PARKS, TRAILS AND COMMUNITY CENTRES BY SHARING HOW YOU MOVE!

To celebrate the City's parks and recreational facilities, the Vancouver Board of Parks and Recreation is hosting #MoveforHealthVan! A contest where residents can post about or log their daily activity between May 10 and May 24, 2022 to win some amazing prizes.

The launch day of this contest is significant as May 10 is Global Move for Health Day, and the Park Board certainly celebrates people getting active!

If you're wondering what counts as an "activity", basically anytime you find yourself moving your body for exercise around the city can be documented in your log or posted on social media as an entry.

Need some examples? You can take a photo or video of your walk through Stanley Park, run on the sea wall, volleyball game in Kitsilano, Yoga at your local community centre or even a selfie in your swim cap before you hop in the water at the Vancouver Aquatic Centre.

Being active is the goal, but don't forget to keep track in your Activity Log, tag @ParkBoard and use #MoveforHealthVan in your social media posts/stories to be entered into the contest.



CONTEST RULES & INFORMATION

- > CONTEST WILL RUN FROM MAY 10 - MAY 24, 2022
- > FOR SOCIAL MEDIA ENTRIES, PROFILES MUST BE OPEN; PRIVATE POSTS WILL NOT BE ELIGIBLE
 - > USE PAPER ACTIVITY LOG** AS AN ALTERNATIVE WAY TO PARTICIPATE
- > IF YOU POSTS ON YOUR PERSONAL SOCIAL CHANNELS, YOU AGREE THAT YOUR CONTENT MAY BE SHARED ON THE PARKSBOARD SOCIAL PLATFORMS
- > MUST USE THE #MOVEFORHEALTHVAN AND/OR TAG THE PARKBOARD CHANNELS TO BE ENTERED:
 - > INSTAGRAM @VANPARKBOARD
 - > FACEBOOK @PARKBOARD
 - > TWITTER @PARKBOARD
- > THERE IS NO LIMIT ON THE AMOUNT OF ENTRIES PER PERSON
- > MUST BE A RESIDENT OF BRITISH COLUMBIA TO BE QUALIFIED TO ENTER THE CONTEST
- > WINNERS WILL BE SELECTED BY DRAW ON FRIDAY, MAY 27, 2022 AND NOTIFIED BY EMAIL OR PHONE IF ENTERED BY ACTIVITY LOG OR BY DIRECT MESSAGE VIA SOCIAL MEDIA FOR DIGITAL ENTRIES
- > WINNER WILL HAVE 14 DAYS TO CLAIM THEIR PRIZES, WHICH WILL BE SENT BY MAIL

** IF YOU PRINTED YOUR ACTIVITY LOG AT HOME, PLEASE BE AWARE THAT IN ORDER TO BE ENTERED INTO THE CONTEST YOU MUST SUBMIT YOUR ACTIVITY LOG TO ONE OF THE PARTICIPATING COMMUNITY CENTRES LISTED IN THIS DOCUMENT.

THE LOG DOESN'T NEED TO BE FULL TO BE ENTERED, BUT IT MUST BE SUBMITTED WITH AT LEAST TWO DOCUMENTED ACTIVITIES BEFORE OR ON MAY 24, 2022.

PRIZES

THE VANCOUVER BOARD OF PARKS AND RECREATION IS PLEASED TO ANNOUNCE THE FOLLOWING PRIZES AVAILABLE TO ELIGIBLE APPLICANTS:

- > 5X ONE MONTH FLEXIPASSES
- > 10X DAY PASSES TO A POOL, ARENA OR FITNESS CENTRE
- > 2X GOLF PASSES
- > 2X PITCH AND PUTT PASSES
- > 6X VANDUSEN BOTANICAL GARDEN PASSES
- > 6X BLOEDEL CONSERVATORY PASSES
- > 2X URBAN FOREST TRAIN FAMILY PASSES (VALID FOR TWO ADULTS AND TWO CHILDREN UNDER 18)

