



Random Acts of Recreation

Complete a minimum of 7 Random Acts of Recreation and be entered to win 1 of 3 prizes!



HOW TO PARTICIPATE:

1. Complete the activities on 7 of the squares (*initial the ones you complete*)
2. Drop off the completed sheet at the front desk at the Maple Ridge Leisure Centre or email tmantei@mapleridge.ca
3. Be sure to enter these activity minutes on the **ParticipACTION app** to help Maple Ridge be the Most Active Community.

NAME	CONTACT
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<input type="text"/> TAKE A DANCE BREAK	<input type="text"/> PLAY FRISBEE	<input type="text"/> PLAY A GAME OF TAG	<input type="text"/> DO YOGA	<input type="text"/> PLAY PICKLEBALL
<input type="text"/> HAVE A PICNIC OUTSIDE	<input type="text"/> GO FOR A WALK ON A NEW TRAIL	<input type="text"/> PLAY HOPSCOTCH	<input type="text"/> ATTEND A FITNESS CLASS	<input type="text"/> GO FOR A BIKE RIDE
<input type="text"/> STRETCH OR MEDITATE IN THE MORNING OR BEFORE BED	<input type="text"/> ATTEND A LOCAL FARMERS MARKET	<input type="text"/> GO BIRDWATCHING	<input type="text"/> SPEND TIME IN NATURE	<input type="text"/> GO SWIMMING
<input type="text"/> GO FOR A HIKE	<input type="text"/> DO SOME GARDENING	<input type="text"/> WHEEL AROUND YOUR NEIGHBOURHOOD	<input type="text"/> JUMPROPE	<input type="text"/> VISIT A LOCAL PARK
<input type="text"/> PLAY DISC GOLF	<input type="text"/> GO CANOEING, KAYAKING OR PADDLEBOARDING	<input type="text"/> TAKE A MOVEMENT BREAK	<input type="text"/> PLAY AN ACTIVITY WITH A BALL	<input type="text"/> SPEND TIME PLAYING AT THE PLAYGROUND