



**MILLION
MINUTES**

**ACTIVITY
CHALLENGE**



For Niagara's Disability Community!

***ParaSport® Ontario invites you to
Join Us this Summer for Niagara's
MILLION MINUTES ACTIVITY CHALLENGE!***

Let's get active together in June, July and August. Let's record a million minutes of activity together. With 75,000+ of us with disabilities in the Niagara Peninsula, we can do it!

Let's challenge ourselves, and our friends and family to join us.

Put INACTIVITY on Pause for a Great Cause!

Use the Activity Challenge to raise funds for adapted sports equipment that you need to participate in a parasport... like a sit-ski, sports wheelchair, ice sled and more!

Jeff Tiessen
Executive Director, Grimsby Resident and 3x Paralympian

When? June, July & August 2021

Where? Anywhere. Indoors. Outdoors. Living Rooms. Basements. Trails. Parks. Sidewalks. Backyards.

Why? Do it for you! A summer of exercise can make for a new healthy habit. Raise funds for adaptive sports equipment for you or for others with disabilities in Niagara.

How? However you'd like. Walk. Wheel. Run. Bike. Bounce. Lift. Stretch. Throw. Skip. Dance. You name it! Set a goal for yourself... maybe it's just 20 or 30 minutes of physical activity a day. That's a 500-minute contribution to our Million Minutes each month. Imagine what an hour a day would contribute... to your health as well!

**Let's Make Niagara the Most Active
Disability Community in Canada!**

***Register Today
at www.millionminutes.ca***

**Register Individually or as a Team to record your minutes,
and your fundraising campaign if you are creating one.**



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