
MAYOR'S ACTIVITY AWARDS



RECREATION@FREDERICTON.CA



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[HTTP://WWW.FREDERICTON.CA/EN/
FORM/MAYORS-ACTIVITY-AWARDS](http://www.fredericton.ca/en/form/mayors-activity-awards)

PURPOSE

An exciting awards program during the summer months that will encourage the Rural Community of Hanwell's youth to eat healthier and engage in physical activity.



INVALUABLE HEALTHY LIVING EXPERIENCE

MAYOR'S ACTIVITY AWARDS

June 4th – August 10th

Interested participants will need to register and begin logging their healthy eating and physical activities they're engaging in! Youth will receive points for each healthy lifestyle task they complete. Once they have reached minimum point levels they can earn bronze, silver or gold medals! This summer's Mayor's activity awards will be offered to youth 3-12 years old with age appropriate activities! There will be a closing ceremony held at the end of summer with Mayor Melvin to celebrate our medal winners!

ACTIVITIES INCLUDE:

- ✓ Have a pop-free day.
- ✓ Go for a ½ hour walk.
- ✓ Do a family activity outdoors for 20 minutes.



FOR MORE INFORMATION

The Mayor's activity awards will run for the duration of the summer. This program is offered free of charge to all youth wanting to develop good healthy eating and physical activity habits!

Complete instructions and rules will be on the chart you will receive via email upon registration. To learn more, please email recreation@fredericton.ca or contact the City of Fredericton Recreation Division at 460-2020.



