

# UCLUELET PARKS & RECREATION

Recreation on the West Coast



## WHAT'S NEW?

PARKS & RECREATION  
HIGHLIGHTS  
PAGE 1

PARTICIPATION  
WRAP-UP  
PAGE 2

FITNESS TIPS & TRICKS  
PAGE 3

MONTHLY GOALS  
PAGE 4



## PARKS & RECREATION HIGHLIGHTS

Summer on the coast is buzzing with excitement! Our camps are set to start in the coming week and if you haven't secured your spot yet, it isn't too late! You can still register for many of our programs in person at the Ucluelet Community Centre, [online](#), or over the phone at 250-726-7772.

The Ucluelet Recreation Department will also be hosting a virtual Ukee's Got Talent show this month and will be accepting participants in the coming weeks. Stay tuned to our Facebook and Instagram pages @UkeeRec for more information.

From all of us in Parks & Recreation, have a happy and safe summer!



# THANK YOU FOR PARTICIPATING!

Canada 



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SURF  
SUP  
RUN  
JOG  
WALK  
HIKE  
BIKE  
YOGA  
CLEAN  
DANCE  
KAYAK  
PILATES  
SOCCER  
HOCKEY  
SWIM  
SKATEBOARD  
GYMNASTICS  
MARTIAL ARTS  
REC PROGRAMS

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## WAY TO GO UCLUELET!

## PARTICIPATION COMMUNITY BETTER CHALLENGE

The Recreation Department would like to send out our sincerest thanks to the community for taking part in the ParticipACTION Community Better Challenge.

For most of the month, Ucluelet ranked 9th place nationally and 3rd place provincially which we think is rather impressive! Out of 306 communities who participated in British Columbia, Ucluelet held a steady 3rd place for the entire month.

As the month of June has now come to an end, it's time to patiently wait to hear if our community qualifies for the national prize of \$100,000, but it doesn't end there.

If Ucluelet qualifies for the prize, we will then have to write an essay on why our community deserves to be crowned the winner.

We are very excited to find out what lays ahead and look forward to sharing the news with everyone who has helped get us to this final stage. Stay tuned for more details.

UCLUELET COMMUNITY CENTRE  
500 MATTERSON DR.  
UCLUELET, BC, V0R3A0  
250-726-7772



SHARE YOUR FAVOURITE REC  
MOMENTS WITH US ON FACEBOOK  
AND INSTAGRAM

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## STAY ACTIVE THIS SUMMER

The summer heatwave has come and gone and now is the perfect time to get active again. Just because the ParticipACTION Community Better Challenge is over doesn't mean the fun has to end!

Try your hand at something you've never done before or better yet, give something you dislike another try. You never know, you just might end up liking it this time around.

Staying active benefits your overall wellbeing and we care about your wellbeing!

Bursts of activity will improve your overall mental health, increase your energy levels, and help you sleep better.

Get out there this summer, get active, and have fun!

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## FITNESS TIPS & TRICKS

Your fitness tip for the month is to **stay consistent** throughout your health journey. Don't worry about how long you're running or working out for, just be sure to get out and do it!

The more consistent you become with your practice, the easier it will be to start running that extra length or push harder in your exercise class.

The reality of any fitness journey is recognizing that your body may be in shape to push hard one day but completely fail you the next, and that's ok! Listening to what your body needs in the moment is a good way to gauge how much you can handle in that moment.

If you're feeling tired, don't push so hard and vice versa. The ultimate goal is to just do it. Keep your momentum going and push through the mind games of making up excuses as to why you don't want to go.

Previous newsletters make mention of finding an exercise that gets you excited. This will make your goal of being consistent so much easier if you're doing something you like to do. Find a friend to hold you accountable, just be sure to stay consistent.



## **FITNESS GOAL: PRE WARM-UP & POST STRETCH**

Being active can take a toll on the body and serious impact may occur. You can significantly reduce muscle soreness by warming up before being physical and by stretching your muscles afterwards. It's easy to skip out on one or both but the result of body soreness can put you out for days and put you off of exercising entirely. Do your body a favour and begin incorporating a warm-up and stretch to your fitness routine. You won't regret it and your muscles will thank you!

## **MENTAL HEALTH GOAL: GIVE YOURSELF A BREAK**

Summer has officially set in on the coast and the staff from the Ucluelet Recreation Department want to give you a virtual high five! To all the parents who have homeschooled their children while working full-time jobs from home, to the extroverts who required to limit interactions, the healthcare workers on the front-lines, and those with a the lust to travel who've been grounded for the last year - Kudos to you for all of your hard work in keeping our community safe. Now would be a great time to let yourself have a break and enjoy the summer months.

**NEVER QUIT. IT IS THE EASIEST COP-OUT IN THE WORLD. SET A GOAL AND DON'T QUIT UNTIL YOU ATTAIN IT. WHEN YOU DO ATTAIN IT, SET ANOTHER GOAL, AND DON'T QUIT UNTIL YOU REACH IT. NEVER QUIT."**

**- BEAR BRYANT**

## **ENVIRONMENTAL GOAL**

Do you contribute to our throw-away society? If it isn't completely shattered and broken, why not try re-using it or re-purposing it before recycling it. This is a great way to expand on DIY skills and surprise yourself with how you can re-invent something you thought was garbage.

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