

UCLUELET RECREATION

Recreation on the West Coast



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RECREATION HIGHLIGHTS

As the Spring season begins to blossom, the recreation team is busy creating programs to support provincial health orders and participant needs. The importance of maintaining mental and physical health is our top priority for our community and we are excited to share some upcoming happenings with you.

We have adapted our adult programs to support provincial health orders because kids can't have all the fun! You can now attend many of our programs over zoom or outside. Be sure to keep your eye out for our summer program guide which is set to drop at the end of May with registration being in June.





GO BY BIKE WEEK MAY 31 - JUNE 6

The first week of June is go By Bike Week and the Recreation Department has a few contests you can participate in for your chance to win one of three prize baskets.

Photo Contest

Get a snapshot on your bike, send it to recreation@ucluelet.ca and be entered in a draw to win a prize package. Each photo you send in will earn you 1 ballot. ****Max 1 photo per day.**** Winner will be chosen on June 7th.

Cycling Circuit

Take your bike on an adventure and ride to Kimoto, Alder, Fraser Lane, Edna Bachelor, St. Jacques, and Lions Park. Take a photo of you and your bike at each park sign and send all seven pics to recreation@ucluelet.ca for your name to be entered in a draw to win a prize package! Winner will be chosen on June 7th.

Distance Contest

Set off by pedaling your way to the top! Track the km's you cycle between May 31 - June 6 on the **Go By Bike website** and the person who has cycled the most km's will win a prize basket! Track your mileage at gobybikebc.ca and be sure to send it to recreation@ucluelet.ca by June 7 for your chance to win!

Go By Bike Contest

Visit the Go By Bike website and enter their contests for your chance to win some awesome prizes! For contest details visit: gobybikebc.ca/event-info/contests/



RIDE YOUR BIKE
TO WORK, TO
SCHOOL, FOR FUN,
FOR EXERCISE, TO
STRETCH YOUR
LEGS BETWEEN
ZOOM MEETINGS,
TO CLEAR YOUR
MIND ... NO
MATTER THE
REASON, JUST RIDE
YOUR BIKE AND
LOG YOUR BIKE
RIDES ONLINE:

[HERE!](#)

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



SHARE YOUR FAVOURITE REC
MOMENTS WITH US ON FACEBOOK
AND INSTAGRAM

WE NEED YOU!



PARTICIPACTION COMMUNITY BETTER CHALLENGE

The month of June marks the beginning of the ParticipACTION Community Better Challenge and the recreation team is on a mission to help Ucluelet get crowned Canada's most active community!

Community members are encouraged to log their physical activity minutes through the ParticipACTION [app](#) or [website](#) because every minute matters. At the end of the month, the community with the most logged hours will be crowned the winner and receive **\$100,000**. We hope to put our winnings toward outdoor lighting at the Skatepark and Basketball court.

Everyone can use this opportunity to challenge friends, family members, and business owners! Every minute matters, so get out there and get moving! Be sure to check out our Facebook and Instagram pages for more details and share your activity progress with us @UkeeRec. We will be hosting fun activities to participate in as the month progresses so, stay tuned!

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



"THE JOURNEY OF
A THOUSAND
MILES BEGINS
WITH ONE STEP."

- LAO TZU



"THERE IS NO
ELEVATOR TO
SUCCESS, YOU
HAVE TO TAKE
THE STAIRS."

- ZIG ZIGLAR



FITNESS TIPS & TRICKS

Your fitness tip for the month is a simple trick that is often forgotten when trying to make lifestyle changes.

The trick is to create realistic expectations for yourself when starting a new habit. It sounds silly but, taking baby steps toward your desired outcome will make it much easier to accomplish in the long run.

Beginning with a realistic amount of physical activity per day will lead you to feel more accomplished, proud, and encouraged to keep going. However, if you are unrealistic in your goals, you are more likely to feel defeated and unmotivated.

Starting small and working your way up gradually is a great way to establish new habits in your life. This rule of thumb applies to just about anything, not only fitness.

Want to eat better? Eat at least one healthy meal a day. Want to read more? Read for 5 minutes before bed each night. Thinking of saving some money? Save \$5 a day for a total of \$1,825 in a year! Start simple and work your way up.





FITNESS GOAL: MASTER THREE YOGA POSES

Yoga has a multitude of health benefits and is proven to help you sleep better and manage stress. This month's challenge is to master three yoga poses, even if you aren't a yogi. A good first step if you aren't familiar with the practice is to look up poses that may help a specific area of your body that is sore or achy. Be gentle and laugh with yourself. Every great master was once a novice.

MENTAL HEALTH GOAL: SEEK/GIVE SUPPORT

It's easy to bare the weight of the world on your shoulders in these unprecedented times. Please know, you are not alone. Reach out to someone and talk about it.

"Healing takes time, and asking for help is a courageous step." - Mariska Hargitay

If you know someone who might need some support, a simple text, email, or phone call can go a long way. Make it a priority to reach out, it might mean more than you think.

**"IF YOU DON'T
KNOW WHERE YOU
ARE GOING, YOU
WILL PROBABLY
END UP
SOMEWHERE
ELSE."**

VISION IS EVERYTHING

LAWRENCE J. PETER

ENVIRONMENTAL GOAL

While the Districts of Tofino and Ucluelet have put a ban on polystyrene takeaway containers, what sort of single use plastics could you eliminate from your home?

