

COMMISSION REPORT

TO: CHAIR AND MEMBERS
PARKS, RECREATION & CULTURE COMMISSION

FROM: DIRECTOR PARKS, RECREATION & CULTURAL SERVICES **FILE:** 66000-20

SUBJECT: BURNABY NEW WEST WALK30 CHALLENGE DRAW PRIZES

PURPOSE: To request the provision of four one month bActive passes as draw prizes for the Burnaby New West Walk30 Challenge wrap up event.

RECOMMENDATION:

1. **THAT** approval be given to provide four one month bActive passes as draw prizes for the Burnaby New West Walk30 Challenge wrap-up event to be held at Edmonds Community Centre 2018 May 12.

REPORT**INTRODUCTION**

Every minute counts and research shows that walking 30 minutes per day improves health and well-being - even if you reach a total of 30 minutes by doing a few short walks.

City of Burnaby Recreation & Planning staff have partnered with City of New Westminster, Burnaby School District 41, New Westminster School District 40, Fraser Health, New Westminster Walkers' Caucus, ICBC and University of the Fraser Valley Kinesiology Program to create a free walking challenge. The WALK30 Challenge is intended to inspire those who live, work, shop or play in Burnaby to walk at least 30 minutes a day for better health and to re-think how we get around our community. Funding is provided in part by an Active Communities Grant from the Ministry of Health.

From 2018 April 09 to May 11, registered participants can track and share their daily walking minutes online. Participants can walk on their own, or with a team for friendly competition, and each participant can track minutes using a watch, phone or fitness device. Once registered, participants can visit Bonsor, Cameron, Edmonds or Eileen Dailly centres to pick up a free WALK30 safety reflector strap.

*"The **WALK30** Burnaby New West Walking Challenge reminds us all that walking is healthy," said Burnaby Mayor, Derek Corrigan. "Taking a walk is also a great way to connect with neighbours and to enjoy Burnaby's beautiful parks and trails."*

To: Parks, Recreation & Culture Commission
From: Director Parks, Recreation & Cultural Services
Re: Burnaby New West Walk30 Challenge Draw
Prizes

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POLICY SECTION

Supporting the Walk30 Burnaby New West Walking Challenge is aligned with the City of Burnaby's Corporate Strategic Plan by supporting the following Goals:

A Connected Community

Social connection

Enhance social connections throughout Burnaby

A Healthy Community

Healthy Life

Encourage opportunities for healthy living and well being

RECOMMENDATION

A wrap-up celebration will be held on Saturday, May 12, 10 a.m. to 12 p.m. at Edmonds Community Centre Plaza. Participants can connect with other walkers; enjoy entertainment, displays and games. Prize draws are planned to encourage participants to expand or extend their healthy habits by participating in new healthy physical activities. Therefore, approval is requested to provide four one month bActive passes as draw prizes. The estimated value of these prizes is \$222.80.



Dave Ellenwood

DIRECTOR PARKS, RECREATION & CULTURAL SERVICES

RJ:km:tc

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