



JOIN the 2021 Walk30 Burnaby | New West Challenge!

From May 10-June 13, Burnaby and New West residents, students and employees are encouraged to take the challenge by walking 30 minutes a day. Track and share your daily walking minutes online.

- Walk to school, work, shop or play - every minute counts!
- Walk on your own or start a **virtual** team.
- Set up a friendly competition between friends, family or co-workers.

REGISTER NOW and start tracking May 10: <https://www.best.bc.ca/walk30>

"The Walk30 Challenge is a great way to keep active and healthy during these difficult times. It's an opportunity to connect to others by joining a team on-line and explore your neighborhood by walking outside with distancing." Dr. Aamir Bharmal, Medical Health Officer, Fraser Health

Check out more from our Mayors here: <https://www.burnabynow.com/in-the-community/new-west-and-burnaby-to-compete-for-walk-30-challenge-bragging-rights-3625319>

Walk30 Burnaby | New West partners include the City of Burnaby, City of New Westminster, Burnaby School District 41, New Westminster School District 40, Fraser Health, the Walkers' Caucus, Royal Columbian Hospital Foundation, and **BEST** (Better Environmentally Sound Transportation)

For more information or help signing up to the Challenge, contact BEST (Better Environmentally Sound Transportation) at walk30@best.bc.ca