



Media Release

THE CORPORATION OF THE CITY OF VERNON
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FOR IMMEDIATE RELEASE

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Residents encouraged to participate in National Health and Fitness Day June 6

Saturday, June 6 is National Health and Fitness Day, and Greater Vernon Recreation Services is encouraging all residents to find a fun and exciting way to get up, get out and get active!

During the COVID-19 pandemic, we understand it may feel like a challenge to stay active; however, B.C.'s Provincial Health Officer (PHO) has reminded us of the importance of getting outside, getting fresh air and getting our bodies moving to care for our physical, mental and emotional well-being. During the last few months, many of us have had to rethink how to keep moving to take care of ourselves.

To provide some inspiration for National Health and Fitness Day, the Greater Vernon Recreation Services team has joined some of our partners to provide a number of ways to celebrate and participate. You could:

- Play in a [local park](#).
- Play disc golf at [Lakers Park](#) (bring your own frisbee).
- Ride, run, or walk on the [Okanagan Rail Trail](#).
- Go for a hike on one of our [Greater Vernon area trails](#).
- Try one of these [10 nature activities you can do with your kids](#).
- Consider these [15 ways for you and your family to stay active at home](#).

As we take the next steps in [BC's Restart Plan](#), Recreation Services continues to work with local groups, surrounding municipalities and the BC Recreation and Parks Association (BCRPA) to develop strategies to provide more recreation opportunities while continuing to follow the guidelines, directives and timeline established by the Province of B.C. and the PHO.

If you take part in National Health and Fitness Day, we encourage you to share pictures and stories with our Recreation Services team on [Facebook](#), because through recreation, we improve the quality of life.