

JOIN THE CITY OF NORTH VANCOUVER'S WALK30 CHALLENGE

CITY OF NORTH VANCOUVER, BC – June 6, 2022...The City of North Vancouver is inviting residents to walk more, improve health and wellness and take a fresh look at how they get around by taking part in the first ever North Vancouver Walk30 Challenge.

From June 6 to July 10, participants of all ages are encouraged to walk for at least 30 minutes per day and log their trips online. The City has partnered with BEST (Better Environmentally Sound Transportation) to bring the annual campaign to the community to promote healthy living and support active transportation options.

“Heart health is important for everyone in the community regardless of age,” said Mayor Linda Buchanan. “Many people don’t realize that frequent walking is one of the single best things you can do to improve your heart health. That’s why the City is pleased to welcome Walk30 to the community for the first time ever. I encourage residents to participate and incorporate more walking into their daily routines so that we can all live happier, healthier lives.”

The challenge launches on June 6 and runs for five weeks. Participants will track their daily walks, learn about the benefits of walking through weekly themes and have the chance to win prizes from local businesses. There are no specific routes or distances, and participants can walk on their own or form a team for some friendly competition. Registration is free and anyone can participate by signing up at www.best.bc.ca/what-is-walk30.

The City is a pedestrian-friendly community and multi-use pathways such as the [Green Necklace](#) and waterfront-oriented [Spirit Trail](#) offer an attractive and convenient choice for getting around. Walking 30 minutes per day to work, school or other activities is a great way to improve physical and mental health and experience our community.

The Walk30 Challenge was created in New Westminster and Burnaby in 2016 and has since grown to become a successful annual campaign promoting healthy, active living. Learn more and get involved at www.best.bc.ca/what-is-walk30.

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