



Want to know how to get active at little or no cost? Active Comox Valley has some easy ways to fit physical activity into your daily life, without breaking the bank or putting a dent in your schedule. Round up your friends, family and co-workers and check out the many low-cost and free activities in the Valley to get you moving!

The Community Based Awareness Initiative is a joint initiative of the BC Recreation and Parks Association and the Heart and Stroke Foundation of BC & Yukon. Funding is being provided by the Healthy Living Alliance with support from ActNow BC.

ACTIVE IS
WHAT YOU
MAKE IT



For more information: www.activecomoxvalley.ca • tel: (250) 890-9116

ACTIVE IS FOR LIFE!

Your guide to free and low-cost activities in the Comox Valley



NO MEMBERSHIP FEES REQUIRED.

Enjoy the ride to better health.

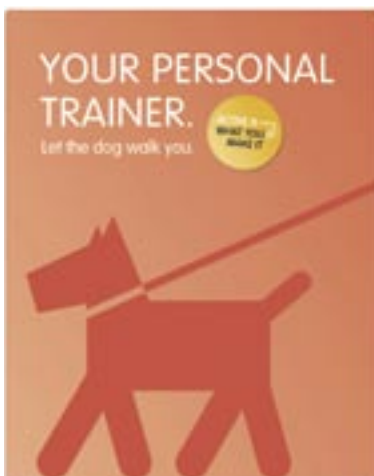
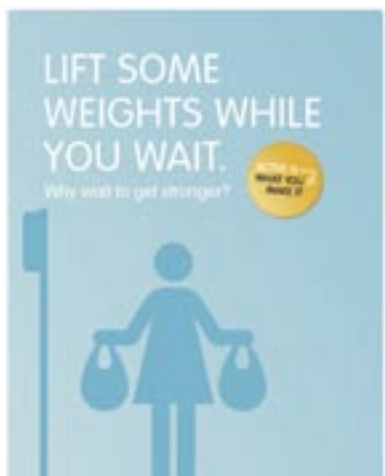


HEART & STROKE FOUNDATION OF BC & YUKON

Finding answers. For life.

ACTIVE IS
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Easy ways to incorporate activity into your daily routine



- ▶ take the stairs instead of the elevator
- ▶ walk home with the groceries
- ▶ walk to school with the kids
- ▶ walk the dog more often
- ▶ park a couple of blocks away from work or while doing errands
- ▶ bike to work or school, or to do errands
- ▶ try a new activity every week – it will help keep you motivated to get active
- ▶ add some physical activity to your family gatherings

An initiative of these BC Healthy Living Alliance members



ActNowBC.ca



THE LUNG ASSOCIATION



Free Activities in the Comox Valley

- ▶ Explore any of the trails in Active Comox Valley's 12 Great Places to get Active for FREE maps, either by foot or on wheels (available at your local recreation centre or at www.activecomoxvalley.ca)
- ▶ Cross-country ski or snowshoe in your neighbourhood during a snowfall
- ▶ Grab some friends and play Ultimate frisbee at a playing field
- ▶ Play disc golf at Village Park in Comox or at the Black Creek Community Hall
- ▶ Grab your tennis racquets and a friend and hit the courts, or play solo on a practice wall
- ▶ Kick a ball around at the many playing fields in the region
- ▶ Fly a kite year round
- ▶ Catch some rays and play beach volleyball at Standard Park in Courtenay
- ▶ Try out the circuit at the outdoor Fit Park at Riverside Park
- ▶ Give your cardio a boost and jog around the track at the Sports Centre
- ▶ Swim or wade in local rivers and lakes

- ▶ Try your hand at horseshoes
- ▶ Join a cycling or mall walking club
- ▶ Shoot some hoops at the local courts
- ▶ Have a ping pong or badminton tourney
- ▶ Take the kids or grandkids to the water park or playground
- ▶ Bird watch at the beach or in forested trails
- ▶ Play a pick-up game of street or roller hockey
- ▶ Beachcomb – you never know what treasure you'll find
- ▶ Volunteer with an organization that involves activity – good for the body and soul
- ▶ Practice your throw at a softball diamond

visit www.activecomoxvalley.ca for more activity ideas, and for a list of playing fields and facilities

ACTIVE IS WHAT YOU MAKE IT

Low Cost Activities (\$5 and under) in the Comox Valley

Comox Community Centre – tel: (250) 339-2255

- ▶ Drop-in to a fitness class or the weight room
- ▶ Try drop-in floor hockey, squash, racquetball and fencing
- ▶ Drop-in to wheelchair basketball

Courtenay Lewis Centre – tel: (250) 338-5371

- ▶ Take part in drop-in badminton or squash
- ▶ Work up a sweat at a fitness class or in the weight room
- ▶ Try drop-in floor hockey, basketball or volleyball
- ▶ Make the most of the summer weather and swim some laps at the outdoor pool

Comox Valley Aquatic Centre – tel: (250) 334-9622

- ▶ Take in the toonie swim and do some laps
- ▶ Drop-in to water fitness classes

Comox Valley Sports Centre – tel: (250) 334-9622

- ▶ Drop-in to the Wellness Centre and work your body out on the circuit (free orientations provided – fee also includes use of the Sports Centre pool, hot tub and sauna during public drop-in times)
- ▶ Drop-in to water fitness classes

Cumberland Recreation Institute – tel: (250) 336-2231

- ▶ Drop in to a fitness program or the fitness studio
- ▶ Try out the climbing wall or Open Gym drop-in

Black Creek Community Association – tel: (250) 337-5190

- ▶ Drop in to the fitness studio (complimentary orientations and weight training advice available; complimentary child minding also available at certain hours)

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