

Ride Don't Hide Edmonton

Activity Calendar

Share your goals, activities, and progress with us by tagging **@CMHAEdmonton** and using **#RideDontHideYEG** on social media.

- June 1:** Share your activity goal
- June 2:** Run or jog
- June 3:** Cycle
- June 4:** Hopscotch challenge
- June 5:** Hacky sack or juggling
- June 6:** Get some sun in a garden or park
- June 7:** Try the 7-minute workout or skateboarding
- June 8:** Play catch
- June 9:** Meditation
- June 10:** Pilates or paper airplanes
- June 11:** Hero appreciation challenge
- June 12:** Croquet or sack race
- June 13:** River Valley walk
- June 14:** Bean bag toss or frisbee
- June 15:** Tai chi or core workout
- June 16:** Practice mindfulness
- June 17:** Salsa dancing or hide and seek
- June 18:** Take the stairs challenge or go fishing
- June 19:** Create an obstacle course

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June 20: Fly a kite

June 21: Try yoga

June 22: Air guitar or shoot some hoops

June 23: Run through a sprinkler or have a water fight

June 24: Crafts or Zumba

June 25: Balloon volleyball

June 26: Backyard Olympics

June 27: Hula hoop in your shades

June 28: Life weights

June 29: Retro dance day

June 30: Be seen! Share your favourite part of this event with us at #RideDontHideYEG

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