

— THE ULTIMATE — SUMMER PLAY LIST

A list of 36 fun physical activities to keep you moving through the sunniest of seasons. Make your own top-ten list or challenge yourself to trying them all. What better way to celebrate our 150th than by getting outside, trying a new activity and exploring the great outdoors?

51  Gardening	18  Mini Putt	100  Fishing	15  Aquafit	77  Baseball	37  Rock Climbing
2  Cycling	17  Camping	102  Lawn Mowing	62  Water Skiing / Wakeboarding	129  White Water Rafting	81  Field Hockey
11  Cricket	57  Chopping wood	134  Slacklining	65  Paddleboarding	117  Scavenger Hunt	46  Washing Your Car
10  Archery	10  Tennis	4  Swimming	63  Surfing	101  Swinging (Swing Set)	124  Sailing
14  Golf	25  Beach Volleyball	42  Snorkelling	41  Building a sandcastle	39  Geocaching	131  Marco Polo
16  5-pin Bowling	92  Rollerblading	13  Diving	79  Ultimate Frisbee	108  Tai Chi	53  Capture The Flag

Sign up for the ParticipACTION 150 Play List to track your activity and earn chances at great prizes like activity trackers, trips for two to Canada's most beautiful destinations, or a Chevrolet vehicle of your choice!

Register at participACTION.com/150