

To celebrate Canada's 150th Anniversary, Lethbridge Sport Council has launched a project called **Lethbridge 2017: Get Active Through Sport**. The project includes 5 components, ensuring there will be something for everyone who wants to get involved.

If you are a sport enthusiast, or you just like to try new things, 52 in 52 is the avenue for you. The Lethbridge Sport Council will be working together with local sport organizations to provide opportunities throughout 2017 for participants to try new sports. January will start off with our National sports, hockey, and lacrosse, and include sledge hockey and boxing as well. These introductory sessions are free and for all ages and experience levels. Two City Councillors, Rob Miyashiro and Blaine Hyggen along with our Executive Director Susan Eymann are registered and ready for the opportunity to try out a sport a week. Join them each week either on your own, make it a family night out or bring your friends.

If you are looking for a way to get more active, try new things, and have some fun, then you should sign up for #YQLChallenge. #YQLChallenge is a fun way to discover new activities, explore your city, have fun with family, friends or by yourself, all while challenging yourself to try as many activities on our #YQLChallenge list! There are 150 activities in total, and some are things you might already be doing (like yard work or walking in the coulees), but some might be new experiences (maybe yoga or the Whoop-Up Challenge). We know 150 seems like a lot, and if you don't do them all, that's ok, just challenge yourself to try as many as you can, but even doing some is better than doing none!

In 2017, we encourage everyone to get out and support our local sporting community by volunteering! Volunteering offers the chance to give something back to the community and make a difference to the people around you. For many, it provides an opportunity to develop new skills or build on existing experience and knowledge. Through **Lethbridge 2017: Get Active Through Sport**, we will help connect volunteers to great opportunities. In 2017 you can keep track of your hours and submit them to us. We have set an initial goal of 150 collective hours, and we want to see how quickly we can smash that goal and set a new one!

We also invite you to help support athletes, sports clubs, and leagues to make their events exciting and memorable, by attending and cheering at sporting events you've never been to before! Bums in bleachers, chatter online and pride in local sport makes a community stronger! Whenever you are a fan in the stands, post on social media and remember to use the hashtag #Lethbridge2017.

Our final component of **Lethbridge 2017: Get Active Through Sport**, is 150 stories. Throughout the course of 2017, the Lethbridge Sport Council will collect and share 150 stories that tell the tale of sport in Lethbridge, both from the past, the present, and looking ahead to the future. Stories will come from athletes, coaches, spectators, supporters, officials, volunteers, parents, sponsors, media, sport historians, partners and more. Anyone with a story idea or a story to tell is encouraged to contact the Lethbridge Sport Council.

Full details about all 5 components of this project can be found online at lethbridge2017.ca. There you will be able to sign up for 52 in 52, #YQLChallenge and as a volunteer, you can submit an idea or a story for our collection of 150 stories, you can check our events calendar to find a local sport event to attend, and best of all learn more about **Lethbridge 2017: Get Active Through Sport** to see how many ways you can get involved to get more active in 2017!

Watch the Lethbridge Herald each Tuesday throughout the year to keep up-to-date with what's happening with **Lethbridge 2017: Get Active Through Sport**, including upcoming events, volunteer opportunities and highlights from 52 in 52 and #YQLChallenge.