

Pre-register by April 29 for Spring Meltdown, get active

Registration is underway for Active Comox Valley's annual Spring Meltdown campaign, a free program that motivates residents of the Comox Valley to get active and stick to it by logging their daily exercise.

Tracking your activity is

a proven motivational tool and the Spring Meltdown is designed to help you make a commitment and continue on the right path to better health. Sign up for free at your local recreation centre and track your activity for the month of May. You'll

gain three points for a minimum of 30 minutes of activity a day — the goal is at least five days a week, and the overall goal is to gain at least 70 points over the month.

Pick up your activity tracking card and pre-

register before April 29 at Courtenay Recreation's Lewis and Florence Filberg Centres, the Comox Valley Sports and Aquatic Centres, Comox Community Centre, Black Creek Community Association and Cumberland Recreation.

Remember to hand in your tracking card by June 7 to get a cool stainless steel water bottle.

For more information, visit www.activecomoxvalley.ca or call 250-890-9116.

— *Active Comox Valley*