

FOR IMMEDIATE RELEASE | March 23, 2021 – RINK Testify Performance launches C.A.R.E. initiative supported by the City of Winnipeg Wellness Grant.



Councillor Devi Sharma (Left) & Performance Director Ryan Dech (Right) at Kildonan Park

Winnipeg, MB - RINK Testify Performance North is excited to kick off the Community Activity to Reach Everyone (C.A.R.E.) initiative to get everyone out and active.

C.A.R.E. is a free community initiative to promote mental and physical health and well-being as we head into the spring season. The goal is to get members of our community out and active in their own way. The program will be anchored at Kildonan Park, but participation can happen anywhere. From March 23 to May 21, we are encouraging people to get active and participate in a matter that suits them. We will be giving away weekly prizes as well as grand prizes at the end of the initiative. Simply enter your details into the activity tracker on our website each time you are active, and you will be entered to win one of many weekly prizes. We will be sending out information regarding grand prizes towards the end of the initiative.

"The pandemic has challenged our mental health for sure among other things. I am happy to support this initiative through the City of Winnipeg Wellness Fund that will help motivate our community to exercise outdoors or indoors at their own pace. Thank you to the RINK Testify Performance for putting together this health initiative to lift everyone up while boosting our mental and physical health," said City Councillor, Devi Sharma who has been instrumental in getting this initiative off the ground.



The RINK Testify Performance North, located within Seven Oaks Arena, is focused on giving the community the opportunity to restart, retrain, and recover. RINK Testify Performance North offers training and medical services that promote starting or continuing a healthy lifestyle using individual and group training services. When staying active it is crucial to take care of your body and with Testify Performance’s multidisciplinary clinic including physiotherapy, athletic therapy, sports medicine, massage, and chiropractic, we have the services to help you heal and keep you well. Our therapists believe in activity and exercise as a part of their recovery strategies.

“Anytime, anywhere is the idea,” said Ryan Dech of RINK Testify Performance. “After a long winter we want to get out in the community in a safe manner, get people active, and continue to promote a culture of healthy, active lifestyles.”

Key Things to Remember

- Get Active Your Way (Bike, Walk, Roll, or activity of your choice)
- Track & Submit Your Activity
- Either Indoors & Outdoors
- Be entered to Win Weekly Prizes with Us

RINK Testify Performance and Councillor Devi Sharma hope to see you out at Kildonan Park and throughout the community throughout the following months.

For more information, questions, or interview requests, please contact Ryan Dech at RINK Testify Performance North at 1-204-783-9578 or check our website at www.rinktestifyperformance.ca/restart/

C.A.R.E.

Community Activity to Reach Everyone

GET ACTIVE MARCH 23 TO MAY 21

A free community initiative to promote mental and physical health and well-being. C.A.R.E. will be anchored at Kildonan Park, but participation can happen anywhere. Simply visit our website, enter your activity details, and you will be entered to win one of many weekly prizes. Stay tuned for information regarding grand prizes.

**SCAN TO PARTICIPATE OR VISIT OUR WEBSITE
& SUBMIT YOUR ACTIVITY**



- **Get Active**
- **Track Your Activity**
- **Indoors & Outdoors**
- **Win Prizes with Us**



**WWW.
RINKTESTIFYPERFORMANCE.CA
/RESTART/**

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