

Make Your Move Community Challenge

Frequently Asked Questions (FAQ)

1. What is the Make Your Move Community Challenge?

The Make Your Move Community Movement Challenge is a free, community-wide initiative encouraging people to move more in simple, everyday ways. Residents from Lockeport, Yarmouth, Antigonish, and New Glasgow will take part together through a friendly challenge focused on health, connection, and community pride.

2. When does the challenge take place?

The challenge runs from **May 9 to June 30, 2026.**

3. Who can participate?

The challenge is open to adults of all ages and abilities. You do not need to be fit, athletic, or experienced. Everyone is welcome.

4. Why should I participate?

The challenge is a fun way to celebrate spring, get moving after winter, and reconnect with your community. It is an opportunity to discover simple ways to be active, meet new people, learn about local events and opportunities, and support causes that matter to you.

By participating, you will help build a more active, vibrant and connected community — and contribute to your community's success in the friendly challenge. Whether your goal is to feel better, get outside more, try something new, or simply have fun, every small action makes a difference.

5. How do I participate?

Participation happens through the **Wellnify.ai app**, where you can track activities, earn points, and follow weekly encouragement.

Full instructions on how to join will be shared before the challenge begins.

6. What is Make Your Move Lockeport?

Make Your Move Lockeport is part of a larger initiative working to create a culture where movement is a natural, everyday part of life for everyone.

Rather than focusing on fitness or sport alone, Make Your Move encourages simple ways to move more throughout the day — walking, connecting with others, volunteering, exploring the community, and staying active in ways that feel realistic and enjoyable.

This initiative brings together local governments, organizations, businesses and residents to help make the Lockeport area a place where it is easier for people to move, connect and thrive. It is about creating a community-wide “movement for movement” — a shared effort to support health, wellbeing and belonging for all.

The [Wellnify.ai](#) Community Challenge is one way residents can get involved and help build that momentum. By participating, you are contributing to a broader culture shift that benefits individuals, families and the community as a whole.

7. Do I need special equipment or a fitness level to participate?

No. This challenge focuses on simple, everyday movement — not formal exercise.

Activities can include things like:

- Walking/wheeling
- Stretching
- Gardening
- Playing with grandchildren
- Household activities
- Exploring your neighbourhood

Every move counts.

8. Can I participate if I have mobility limitations or health concerns?

Yes. The challenge is designed to be inclusive and adaptable. Participants are encouraged to choose activities that are appropriate for their own abilities and comfort levels.

If you have medical concerns, please consult your healthcare provider before starting any new activity.

9. What kinds of activities count?

Movement can be built into daily life. You can earn points for activities such as:

- Physical movement
- Volunteering
- Helping neighbours
- Acts of kindness

- Community participation

The goal is to support both personal wellbeing and stronger communities.

10. Is there a cost to participate?

No. Participation in the challenge is free. The Town of Lockeport is also **not** paying for it.

11. Are there prizes?

Yes. Participants can earn points throughout the challenge and will have opportunities to win prizes, while also contributing to their community's standing in the friendly inter-community challenge.

If your organization or business would like to contribute a prize, we would love to hear from you. Please contact **Connie Lamm (Lockeport MYM Navigator:**

connie.lamm@gmail.com

Prize contributions help support participation and celebrate community involvement.

12. Is this a competition?

This is a friendly challenge focused on encouragement and participation, not pressure or performance. Communities will earn "bragging rights," but the primary goal is to support healthier, more connected communities.

13. What communities are participating?

Lockeport, Yarmouth, Antigonish, and New Glasgow are the participating Make Your Move Communities in this pilot.

14. Will there be support or guidance during the challenge?

Yes. Each week, the Wellnify.ai app will feature short videos and messages from local leaders, physicians, community organizations, and residents offering ideas, encouragement, and motivation.

15. Who is organizing this initiative?

The challenge is being led locally by the Town of Lockeport, in collaboration with community partners. It is part of the broader Make Your Move Communities initiative, supported by the Healthy Tomorrow Foundation and the provincial Communities, Culture, Tourism and Heritage, and delivered in partnership with Wellnify.ai.

Together, these partners are working to support healthier, more connected and vibrant communities across Nova Scotia.

16. How can my organization help?

Community organizations, service clubs and local businesses can help by sharing information about the challenge through newsletters, social media, bulletin boards, and other networks.

17. Where can I get more information?

More details, including how to join, will be shared closer to the launch date. You can also contact your local Make Your Move Community Challenge event organizer for information.

Lockeport: Connie Lamm connie.lamm@gmail.com