



## City Launches Online Recreation Resources

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For Immediate Release

VICTORIA, BC – The City of Victoria has launched online recreation resources to help residents stay healthy and well during the COVID-19 pandemic.

*Fun for Life GO* combines ideas from the City's experts in fitness, programming for children and older adults, and outdoor recreation, with links to other helpful resources.

Staff from the Crystal Pool and Fitness Centre are creating videos from home to stay connected with residents while recreation facilities remain closed.

The first videos include two strengthening exercises you can do from home without special fitness equipment, two interactive games to keep kids active and engaged, and 10 ideas to stay active outdoors while practising physical distancing. New videos will be added regularly.

"This is a difficult time for many who rely on the City's recreation facilities and programs to maintain their physical, mental and emotional health," said Victoria Mayor Lisa Helps. "Fun for Life GO is a creative way to stay connected and to continue to support residents with their activity needs during this extended time at home."

In addition, staff continue to visit City parks as part of the Recreation Ambassador Program to engage with residents about recreation facility closures and physical distancing. Open spaces and trails in City parks remain open.

For recreation ideas and resources, visit: [victoria.ca/recreation](https://victoria.ca/recreation).

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