

Spring is here and there is no better time to get active. In this issue of ActivNews get tips on enjoying the outdoors in spring time, see the top 5 places to walk, run and wheel in Kingston and see what active events are happening in your neighbourhood!

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Make the Most of the Outdoors with These Helpful Tips



By Veronica Allan, KGA Ambassador

With the winter weather behind us and spring finally in the air, there's no better reason to get outside and get active in the Kingston community. Whether you walk, run, cycle, or wheel, make the most of the outdoors by planning ahead to

avoid nasty springtime allergens and those pesky waterfront midges. Don't forget to break out the sunscreen and UV-protection sunglasses for added protection on those sunny soon-to-be summer days... [CONTINUE READING](#)

If you're getting active in the Kingston community, help us spread the word on social media by using the hashtags #KGAmonth, #ActiveYGK and #KingstonGetsActive on [Facebook](#), [Twitter](#) and Instagram!

Top Five Places to Walk, Run, or Wheel in Kingston



By Veronica Allan, KGA Ambassador

As a Queen's University student, Kingston resident, and avid runner for the past 10 years, I've spent a good deal of time acquainting myself with local trails, paths, and walkways. After a long winter, I'm always excited to go off-roading as soon as the snow melts. To help get you out and enjoying the warm weather, I compiled a list of my five favourite places to get active in Kingston and the surrounding area... [CONTINUE READING](#)

Spring 2018: Events to Get You Moving

Spring Fun Fair: May 12, 12-3pm at the new Rideau Heights Community Centre at 85 MacCauley St. Free BBQ, wagon rides, interactive drumming, activities and crafts; bike helmet giveaway and fittings for children (limited supplies); Yellow Bike, Kingston Gets Active and many other community partners will be on hand. Rain or Shine.

Success By 6 Week: May 7-13. A fun-filled week of over 110 free activities designed with the youngest members of our community in mind. Check the United Way website for a [calendar of events](#).

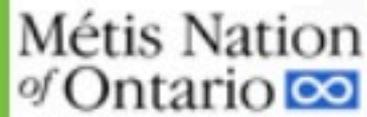
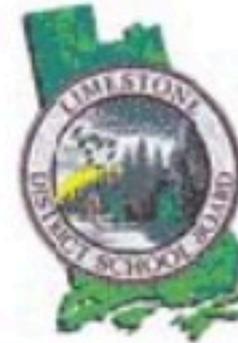
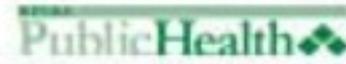
Public meetings for Active Transportation Master Plan Draft Report: May 9 (INVISTA Centre) and 14 (Portsmouth Olympic Harbour); presentations at 5 and 6pm. If you'd like to get informed or have a say in how the City rolls out there Active Transportation plan (cycling, walking, City Transit), be sure to attend one of these Open Houses.

Cataraqui Region Conservation Authority Native Plant Sale: Sat, May 19, 9am at Lemoine's Point. What better way to get out and active in the spring than doing some gardening! Check out this plant sale and kick off your garden.

Spring Art After Dark: May 25, 7-10pm. Take a walk downtown and explore the many businesses showcasing art.

YMCA Healthy Kids Day: **May 27, 2018** at the YMCA of Kingston (100 Wright Crescent). Lots of fun activities for the whole family. Free and open to all.

National Health and Fitness Day in Kingston: Saturday, June 2: 9am-4pm. A day to motivate and encourage Canadians to get up and get active. There will be displays, fitness demos, music and presentations in Confederation Park; Open Doors; public lectures at Queen's School of Kinesiology and Health Studies. FREE.





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