

E-Mental Health Summer Hiking Challenge

- Hike anywhere in Newfoundland & Labrador or sign up for any of the [online programs](#) available on Bridge the gapp by September 1.
- For every hike you complete and every online program you sign up for, you can enter your name to win one of five grocery gift cards (\$100 value). One will be drawn in each zone.
- To submit an entry for the contest, click [here](#) and complete the ballot, or scan the code with your device. The entry form is also available at nl.bridgethegapp.ca.
- Deadline: 11:59 p.m., Sunday, September 1.
Draw date: Tuesday, September 3.
- Contest open to residents of Newfoundland & Labrador.



Share your hiking pictures with us! We'd love to see them! Visit the [Get Inspired](#) or [Your Space](#) tabs at nl.bridgethegapp.ca and click on Summer Hiking Challenge to upload your photos.

HEALTH HARMONY OF THE MIND, BODY & SOUL

Physical health is fundamentally linked to mental health and well-being. Maintaining good physical health can have a significant positive impact on mental health. Regular physical exercise is known to improve symptoms of anxiety and depression, reduce stress and increase overall mood. During exercise, the body releases endorphins and feel-good chemicals that reduce feelings of pain and increase feelings of pleasure.....literally boosting your mood.

TAKE THE CHALLENGE!
JOIN THE FUN & GET MOVING!



bridge the gapp

www.nl.bridgethegapp.ca

