



## Connecting Care gets physical about mental health

A few months after the COVID-19 pandemic hit Alberta, [Connecting Care](#) introduced the #Steps2MentalHealth event, a fun step challenge to raise awareness about the mental health effects of the pandemic. In partnership with [Heka Health](#), a software company, they developed a custom app that tracks various activities, including steps.

Communities teamed up for friendly competition to see who could be the most active.

The goal for the 'Home Office Team' was to walk the distance of the Grand Canyon. It took some effort, but they were resoundingly successful. By the end of the event, they walked a combined distance of every hiking and walking trail in the entire Grand Canyon area.

That same enthusiasm was evident in each community and team. Members of the Connecting Care and Points West Living communities collectively walked a total of more than 73 million steps (yes, million). To put in perspective, if it weren't for those pesky oceans, they would have walked around the entire world! Feedback was overwhelmingly positive. People have lost weight, morale has improved, and deeper connections have been built.

Part of what made this initiative so successful was coming up with ways for the least mobile residents to take part. Connecting Care wanted everybody to participate in a meaningful way, whether it was helping with decorations or cheering on participants during runs. Each community had a 'tailgate style' party to celebrate their resilience and support for one another. Overall, the benefit of this initiative was that it allowed Connecting Care to, well, connect – and include those who perhaps feel isolated during these times.

If you are interested in doing something similar in your community, Connecting Care is happy to recommend [Heka Health](#) – the app developer.



*Walking or running is not the only way to get your blood pumping!*



Connecting Care

