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| **Organization** | **Activity** | **Time** | **Platform** |
| Exercise is Medicine | Virtual High Intensity Training Class with Certified Instructor Lauren Voss | 11 am EST |  |
| MoveCollective | Fitness MashUp - Canada’s largest collaborative online live event workout with top health and fitness professionals from across Canada coming together to create a unique one hour workout for all fitness levels  Interactive live online workouts, seminars and movement sessions throughout the day. | 12 pm EST | https://zoom.us/j/8469955420?fbclid=IwAR30JmXW1E-b7khpsX84QLQ8C23GXL7XAvlWKpfXVtiFbYtWMbcKhZoMwS4 |
| Fitness Industry Council of Canada | All day virtual fitness classes from member clubs. 20-minute Zoom fitness sessions presented live through page. In between each 20-minute session, interviews with leaders dedicated to health and wellness. | All day | https://www.youtube.com/channel/UC9ZpaCFv2uQn1ET0JTEUvqw |
| ParticipACTION | Special Saturday edition of Fit Break. NHFD will be promoted throughout the weekday sessions. | 12 pm EST | https://www.facebook.com/ParticipACTION/ |
| Canadian Olympic Committee | Friday Champion Chat will focus on NHFD and encourage Canadians to participate in NHFD. | 12 pm EST | <https://championchats.olympic.ca/> |