



NEWS RELEASE

BE EMPOWERED. DO JUDO
Spruce Grove, Alberta, June 1-23, 2026

The [ParticipACTION Community Challenge](#), presented by Novo Nordisk, returns this year to help people in Canada enjoy the many physical, social and mental health benefits of getting active together!

This national physical activity and sport initiative encourages everyone in Canada to get active throughout June, ultimately recognizing Canada's Most Active Community and awarding it \$100,000 to support local physical activity and sport initiatives.

To help rally Ryu Senshi Judo Club and win the grand prize this year, we need as many people as possible to participate!

- **Local governments and organizations:** Register your June physical activity and sport programs, events and/or initiatives on [ParticipACTION's website](#) starting April 15, 2026. Then, throughout June, track the number(s) of people participating in them to help our community compete for the title of Canada's Most Active Community.
- **Active groups of two or more people:** Sign up for the Challenge on [ParticipACTION's website](#) starting April 15, 2026, and participate in physical activities together throughout June. Your selected group leader will then register and track your group's June physical activities on the website. All of them will count toward our community's total progress.

Join the **Ryu Senshi Judo Club** in the movement to build a stronger, healthier and more active Spruce Grove Community!

About the ParticipACTION Community Challenge, presented by Novo Nordisk

The Community Challenge is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community. The Challenge is open to all communities and individuals, ultimately recognizing Canada's Most Active Community and awarding it \$100,000 to support local physical activity and sport initiatives. In addition to the national winner, there is also a prize for the most active community in each province and territory, as well as prizes for participating organizations. *The ParticipACTION Community Challenge, presented by Novo Nordisk, is proudly funded by the Government of Canada and Novo Nordisk.*

About Ryu Senshi Judo Club

At [Ryu Senshi Judo Club](#), we believe that sport should be accessible to everyone regardless of financial barriers, ability, or background. Located in Spruce Grove, our volunteer led, non-profit club is committed to building confident, respectful, and skilled individuals through the art of judo.

We know cost can prevent many from joining sports, which is why affordability is at the heart of what we do. Through grassroots fundraising efforts like bottle drives, our popular Throw-a-Thon, and volunteering at local events like Summer Market, we're able to keep fees low, cover facility costs, and provide equipment without asking families to pay more than they can manage.

We're also proud advocates for inclusion and adaptability. Our programming supports neurodivergent students including those with autism, ADHD, and sensory sensitivities and we've recently launched both a Women's-Only Class and a dedicated Adaptive Judo Class. These additions offer safe, empowering spaces for individuals who might feel excluded in traditional settings.

Through community spirit, dedication, and a belief in judo for all, Ryu Senshi Judo Club is not just teaching martial arts we're building resilience, leadership, and lifelong connections.

Come throw with us. Everyone is welcome on the mat.

Media contact

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