

“ACT” Recognizes Physical Activity Champions

The Active Communities Team (ACT) of the Northern Healthy Communities Partnership (NHCP) recently recognized the efforts of 7 physical activity champions and/or initiatives that have taken place in communities across the north. They are:

- ✚ **Lac La Ronge Indian Band** (accepted by Jimmy Roberts and Virginia Roberts) for organizing and promoting a walk to raise awareness and to prevent diabetes through physical activity. Participants walked in memory of loved ones who suffer from complications of diabetes or are currently living with diabetes. Funds raised were used to purchase fitness equipment which is housed at the Lac La Ronge Indian Band Office.
- ✚ **Keewatin Yatthe Regional Health Authority** (accepted by Rebecca Ratt) for the 2006 Northern Diabetes Relay and its organizing committee. The event was a 75 km relay event to help raise awareness about diabetes prevention and raise monies that were used for local health initiatives and promoting physical activity.
- ✚ **Deborah Gibson-Dingwall** for being a role model to the NORTEP/NORPAC students and Weight Watchers Group by leading an active lifestyle and organizing and leading many physical activity initiatives with students and colleagues.
- ✚ **NORTEP/NORPAC** (accepted by Deborah Gibson-Dingwall and Linda de Bruin) for being involved in physical activity initiatives, such as participating in Northern Physical Activity Week, International Walk to School and Everywhere Else Month, and Saskatchewan *in motion* champion training to name a few.
- ✚ The Community of **Southend** (accepted by Mary Thomas) for being involved with Northern Physical Activity Week (NPAW), being the 2006 winner of the NPAW treadmill reward, and other physical activity initiatives such as bringing youth to the 2007 Northern Physical Activity Roundtable.
- ✚ The Northern Settlement of **Uranium City** (accepted by Sandra Abraham) for the promotion of physical activity through the maintenance and creative usage of facilities and equipment in the community (Uranium City was the winner of the 2005 NPAW treadmill reward).
- ✚ The Community of **Pinehouse** (accepted by Betty Ann Natomagan) for their outstanding efforts in building the capacity of their community and people through physical activity and other health promotion initiatives, and making their community a healthier place to live, work, and play.

*Submitted by the Active Communities Team of the
Northern Health Communities Partnership*