

# Saskatchewan *in motion* Physical Activity Newsletter for Northern Saskatchewan May 2007

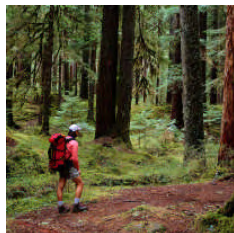
## Northern Physical Activity Week (NPAW) – May 7-13, 2007

Northern Physical Activity Week (NPAW) may be over but don't stop now! Thank you to all the community, school and organization program coordinators and participants! Let's continue to support the people of northern Saskatchewan to make the choice to be active every day!

Remember, in order for your community, school, or organization to be entered in the Grand Prize Draw for a TREADMILL, program coordinators need to submit **ALL** required information/forms to Sheila by May 28<sup>th</sup>. The draw for the treadmill will be held live on MBC Radio! For more information, please contact Sheila at 425-2940.

Special thanks to the **NPAW sponsors** to date:

- Community Initiatives Fund Community Grant Program
- Cameco Corporation
- CFAR Arctic Radio
- MBC Radio
- Northern Healthy Communities Partnership
- Saskatchewan *in motion*
- SaskTel
- Sask Lotteries
- Areva
- Riese's Canadian Lake Wild Rice
- SaskPower
- Northwest Company
- KCDC



Congratulations on another successful Northern Physical Activity Week Northern Saskatchewan!

## 2007 Northern Physical Activity Roundtable Keeps Northerners Moving

On Tuesday March 20, 87 physical activity leaders participated in the 2007 Northern Physical Activity Roundtable at the Marlboro Inn in Prince Albert.

Highlights of the morning portion of the roundtable included an update on Saskatchewan *in motion* strategies for 2006-2008; a "walk" through the Northern Physical Activity Action Plan and its initiatives to date and up to December 2007, as well as feedback from participants for next year. Keynote presenter, Dr. James Irvine (Medical Health Officer for the 3 northern health authorities) in his session, When "Just Do It" is not enough: the latest on physical activity and health, provided updated research and statistics reminding us of the importance of physical activity and its value to health and disease prevention. The second keynote was Jason Loutitt (Marathon and Mountain Runner), "Chased by a Bear – becoming a fitness messenger" challenged us to find our inspiration, embrace our culture, and inspire others through physical activity. The morning closed with exceptional physical activity success stories from three northern communities, Creighton, Wollaston Lake and Air Ronge, demonstrating the great initiatives and partnerships in our northern communities.

Lunch hour included time for viewing the “Walk of Fame” poster presentations provided, gathering information at the resource table, and an overview of the Building Communities Program, a \$2 million dollar infrastructure program for recreation (including sport, culture and physical activity) facilities for Northern Saskatchewan as well as the provincial program (larger projects).

The afternoon included an informative panel presentation with the following topics: Traditional Physical Activity and Health Prevention; Nutrition and the “Drop the Pop” initiative; Quality Daily Physical Education; Sport Development; Workplace initiatives at Areva McClean Lake Mine, and Active Transportation and Physical Environments. The panel was followed by some time for area or regional discussion groups focused on building on the successes and addressing barriers to physical activity in our northern communities. Participants were then asked to set their own personal action plans which will be mailed back to them as a reminder and continued encouragement near the end of April.

Celebrating our successes, the roundtable closed with a recognition program (see article in this newsletter).

Here are some responses from the 2007 Northern Physical Activity Roundtable participants in answering “What was most beneficial for you?”

- ☺ **“The positive energy in the room as support”**
- ☺ **“The presenters their stories and experiences are so motivational”**
- ☺ **The role models (Jason, Julie)**
- ☺ **“Networking with the different sectors”**
- ☺ **“Contacts and information”**
- ☺ **“ ... new and interesting ideas to try back home”**

## Upcoming Events/Campaigns

### 🌈 **Summer Active May 11 – June 21, 2007**

*SummerActive* is a national community mobilization initiative designed to help Canadians improve their health by encouraging and supporting their first steps toward regular physical activity, healthy eating, living a tobacco-free lifestyle and participating in sport activities. Visit [www.summeractive.org](http://www.summeractive.org) for hot tips for warm weather fun. Register your participation and you could win cool summer gear.

### 🌈 **June is Parks and Recreation Month! Visit: [www.spra.sk.ca](http://www.spra.sk.ca)**

### 🌈 **Clean Air Day is June 7, 2007 Visit: [www.cleanairday.com](http://www.cleanairday.com)**

## Lorna Jolibois, North vs. South Challenge Winner!

We are so excited to report that **Lorna Jolibois from La Loche** was the north winner in the CTV and Saskatchewan ***in motion* North vs. South Challenge!** Lorna received \$2,000.00 worth of gift cards from Sears and has purchased a number of fitness equipment items (i.e. treadmill, Pilates equipment)! Good job Lorna and all northern participants! Keep up with the daily physical activity!



## Saskatchewan Physical Activity Council (SPAC) Roundtable – Physical Literacy

The SPAC Roundtable was held on March 28 & 29, titled “Reading, Writing, Moving” – a focus on physical literacy.

Physical Literacy seems to be a uniquely Canadian term, with no clear definition at this time. One definition discussed was “A child or person who has the skills, knowledge, and disposition to support continual lifelong engagement in meaningful physical activity”. What we are wanting is for children to be confident, competent, motivated movers. For more information (i.e. summary and presentations) on the roundtable, visit the SPAC website at [www.spac.sk.ca](http://www.spac.sk.ca).

## Eating Well with Canada's Food Guide - First Nations, Inuit and Métis



Moose stew? Char? Blueberries? Bannock? For the first time, a national food guide has been created which reflects the values, traditions and food choices of First Nations, Inuit and Métis.

This new tailored food guide includes both traditional foods and store-bought foods that are generally available, affordable and accessible across Canada and provides unique images and content. Recommendations are based on the new 2007 version of Canada's Food Guide.

For more information or to order the guide, visit: [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fnim-pnim/index_e.html)

## Simple Spring and Summer Physical Activity/*in motion* Ideas

- ☺ play in the puddles
- ☺ bike
- ☺ kick around a soccer ball
- ☺ play catch
- ☺ fly a kite
- ☺ go on a nature hike or walk
- ☺ walk and pick up garbage in your community
- ☺ clean your yard
- ☺ plant some flowers
- ☺ join an organized sport
- ☺ get outside!
- ☺ be active with friends, family
- ☺ go bird watching/counting
- ☺ try geocaching with friends, family
- ☺ go on a scavenger hunt
- ☺ try/learn something new
- ☺ play hopscotch or four square
- ☺ paddle a canoe or kayak
- ☺ get out on the trapline



## “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 that 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.



NORTEP/NORPAC

### Pedometer Lending Kits Now Available!

Saskatchewan in motion now has Pedometer Lending Kits for workplaces, communities and schools. Contact the provincial office at [info@saskatchewaninmotion.ca](mailto:info@saskatchewaninmotion.ca) or phone us at 1-866-888-3648 for more information.

## Great Ideas from Great People and Great Communities (where else but the north!) ...

I will include one program or initiative idea in each newsletter. The program listed below is growing in popularity across the north.

### Walking Poker Rallies

Shared by Areva McClean Lake

Minesite Recreation Department

Basic Goal: Month long rallies to encourage behaviour change with ongoing walking to work (vs. the bus).

How it works: Participants register and pick up poker cards at stations between their living quarters (camp - they pick up cards at their recreation office) and their work (mill - they pick up their cards at the nurses office), these are 1.2 km apart.

We also have one evening poker rallies. These have been a lot of fun and have had a lot of participants. For more detail, check out the Workplace Wellness Physical Activity Guide on the Saskatchewan *in motion* website (the program is in Guide Section 4 and is titled "Poker Fun Walk").



## Addressing the barriers to participating in physical activity ...

*People have many reasons for not living an active lifestyle. We all know physical activity is important but knowing isn't enough ... behavior change can happen through small steps, commitment, support and developing habits (i.e. like brushing your teeth and flossing).*

- √ **"I don't have time"**: start small, break up the 30 minutes per day into 3, 10 minute bits of activity like walking, stretches, lifting weights
- √ **"I'm too tired"**: find the time of day that is best for you (often the morning when we are less tired). Being active boosts energy
- √ **"I am too busy with my kid's activities"**: be active with your children, be a role model for them (i.e. play catch, in the playground, walk to their activity)
- √ **"I have back pain"**: activity can reduce pain, check with your doctor first. Choose low impact activities like strength/weight training, gardening, walking or yoga

*(Thank you to Pam Molnar, MCRRHA for this adapted information)*

### Community/School/ Workplace Contact Updates

If you are no longer the contact for Saskatchewan *in motion*/physical activity, please let us know who is! Call Judy at 425-3127, extension 5 or 1-877-777-6722, or email: [jmacleodcampbell@sasktel.net](mailto:jmacleodcampbell@sasktel.net).

## 2007 Recreation Exposure Symposium

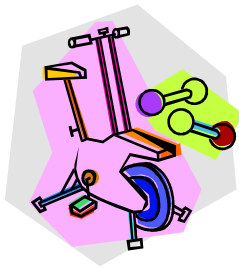
The Saskatchewan Parks and Recreation Association (S.P.R.A.) along with the Northern Sport, Culture and Recreation District (NSCRD) and Saskatchewan in motion are pleased to host the 2007 Northern Exposure Symposium. This year's event will be held at the La Ronge Hotel and Suites on May 25-27, 2007.

There are 6 sessions offered:

- Community Development (25<sup>th</sup>)
- Standard First Aid (25<sup>th</sup>)
- Arena Operator Level 1 (26<sup>th</sup> & 27<sup>th</sup>)
- Play Leadership (26<sup>th</sup> & 27<sup>th</sup>)
- **Orientation to Physical Activity (26<sup>th</sup> morning)**
- **Introduction to Strength Training (26<sup>th</sup> afternoon)**

There will also be a keynote speaker, beach BBQ and Voice of the North event!

**For more information, please call me (Judy) at 425-3127, ext. 5. Registration information has been sent out. The deadline for registration (with payment) is Friday, May 18.**

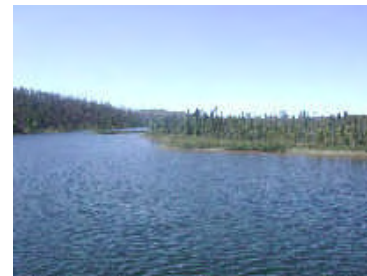


## Resources

Here are a few great **websites** that support physical activity initiatives, particularly for children and youth, but also workplaces and communities.

- PE Central: [www.pecentral.org](http://www.pecentral.org)
- Action Based Learning: [www.actionbasedlearning.com](http://www.actionbasedlearning.com)
- Get Active Stay Active: [www.getactivestayactive.com](http://www.getactivestayactive.com)
- Active Communities Workplace Workbook: [www.activecommunities.bc.ca/resources/active\\_workplace\\_workbook.asp](http://www.activecommunities.bc.ca/resources/active_workplace_workbook.asp)
- The Walking Site: [www.thewalkingsite.com](http://www.thewalkingsite.com)
- Active Living by Design program of the Robert Wood Johnson Foundation: [www.activelivingbydesign.org](http://www.activelivingbydesign.org)

Saskatchewan ***in motion*** also has a **subsidy program** available to *in motion* communities (off reserve). For more information, contact Judy at 425-3127, extension 5 or 1-877-777-6722.



### Check us out online or give us a call

The Saskatchewan ***in motion*** **website** hosts a variety of tools and resources to support the good work you're doing to encourage your family, friends and community to be more physically active! Visit [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca) or call Judy at 425-3127 (extension 5) or toll-free at 1-877-777-6722 or email [jmacleodcampbell@sasktel.net](mailto:jmacleodcampbell@sasktel.net).

