

Community Partners Develop Strategies for Increasing Physical Activity

Interested residents from La Ronge, Air Ronge, and Lac La Ronge Indian Band came together September 25, 2007, to discuss the physical inactivity epidemic and develop realistic strategies to turn this trend around in our community.

Moving Together: Solutions for Physically Active Communities was a one-day symposium hosted by La Ronge in motion. The event was designed to develop practical local solutions to the growing physical inactivity epidemic facing our province. About 22 people attended the symposium to hear from experts like Mark Fenton, one of North America's foremost authorities on building community environments that increase physical activity. The presenters spent the evening before the symposium touring the community (La Ronge, Air Ronge and Lac la Ronge Indian Band) and incorporated both the good things happening in our community and the areas in which we may want to consider pursuing to increase the conditions for people to be more active.

"The presenters reinforced that many people in our community walk and bike. The way we build our communities can help people to make the choice to walk or bike, things like having safe crosswalks, maintaining trails and pathways, and implementing ways to keep speeds down on our streets and roads." says Judy MacLeod Campbell with Saskatchewan in motion from La Ronge. "There's a lot we can do to make it easier and safer for people to be physically active."

At the end of the event, participants discussed a list of local actions that would help make our community more physical activity friendly, including:

- Our 3 communities working together for physical activity
- Trails and pathway/sidewalk development or enhancement (things like safe street crossings, lighting, trail map signs, connecting the waterfront parks and our three communities)
- Programs in the parks
- Create a trail map
- Community policies for new housing and businesses to include side paths or sidewalks

"To develop effective lasting strategies, we all need to work together," says Tony Bunz, La Ronge in motion chairperson. "The symposium drove that point home. We need to continue to make our community a safe, comfortable and convenient place to be active in for everyone, especially for our children."

La Ronge in motion will continue to share information about the group's plans. For more information or to get involved with the La Ronge in motion committee, please contact Tony Bunz at 425-4328.