

## 2008 Northern Physical Activity Roundtable

Participants at the 2008 Northern Physical Activity Roundtable listened to various presenters on the importance of physical activity, and successful programs and initiatives in northern Saskatchewan. Some consistent themes emerged ... work together to support children and youth to be active and healthy, and it's never too late to start leading an active lifestyle. This third annual roundtable was held at Par Place just east of Prince Albert on Tuesday, March 11.

Highlights of the morning included a presentation from Dr. James Irvine on the physical inactivity issue, particularly on our health, and the latest research; an update on Saskatchewan *in motion* strategies for 2008-2012; an update on the work of the Active Communities Team (ACT) and Northern Physical Activity Month coming up in May; and keynote speaker Alwyn Piche from La Loche and part of the National Aboriginal Role Model Program. Alwyn spoke about his life experiences as a dene youth with his goal to play elite volleyball and the family and community support he received to reach that goal. The morning closed with two fantastic physical activity success stories from Stony Rapids and Air Ronge/Gordon Denny Community School, demonstrating the great initiatives and partnerships happening in our northern communities to increase physical activity.

Lunch hour included time for viewing the "Walk of Fame" poster presentations provided, gathering information at the resource table, and an adventurous geocaching activity in the beautiful surroundings at Par Place. As well, a tribute and thank you was presented to Brandy Smart which included a beautiful star blanket in recognition of her work with the Athabasca communities.

The afternoon included an informative panel presentation with the following topics: A Physical Activity Policy Package for northern education and schools; Sport Opportunities in northern Saskatchewan; Workplace Physical Activity/Wellness; and Traditional & Family Physical Activity and Health. The panel was followed with some time to explore the topics a little further in small groups with the presenters. Participants were then asked to set their own personal action plans which will be mailed back to them as a reminder and continued encouragement mid April, as well as time to evaluate the roundtable and complete their physical activity door prize ticket!

Celebrating our successes, the roundtable closed with a recognition program. Six individuals or organizations were recognized for their efforts to increase or support physical activity.

Congratulations to:

- 🌟 Father Megret Elementary School, Hatchet/Wollaston Lake
- 🌟 Town of Creighton
- 🌟 Areva McClean Lake Mine Recreation
- 🌟 Northern Healthy Communities Partnership Healthy Eating Team "Drop the Pop" Campaign
- 🌟 Dr. James Irvine
- 🌟 Saskatchewan *in motion*