



## MEDIA RELEASE

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### **Communities benefit from participation in Northern Physical Activity Month in many ways**

Over 60 communities, community organizations, workplaces, and schools participated in the 2008 Northern Physical Activity Month. Over the month of May, communities, organizations and schools provided programs and initiatives to encourage northerners to be more physically active, more often. Programs included wellness days, community clean ups, fitness classes, scavenger hunts, workplace challenges, pedometer challenges, dances, elders walks, sports and much more!

Northern Physical Activity Month (NPAM) is proudly coordinated by the Northern Sport, Culture and Recreation District (NSCRD), a member of the Active Communities Team (ACT) of the Northern Healthy Communities Partnership. There were two grand prize draws, one for communities and organizations, and one for schools.

“Everyone who participated in NPAM is a winner ... of the many benefits of being physically active individually and as a workplace, school or community. The benefits reported included increased energy, better sleep, reduce/deal with stress, improved health, improve morale in workplaces and school spirit, and provided quality time with family and friends to name a few,” says Judy MacLeod Campbell with the Northern Sport, Culture and Recreation District. But the benefits didn’t stop here! All communities, organizations and schools that provided a brief follow up were entered in a draw for grand prizes provided by the Northern Healthy Communities Partnership.

#### **Winners of the Community/Organization grand prize draws were:**

1<sup>st</sup> place - \$1,500.00 Flaman Fitness (Prince Albert) Voucher – Northern Lights School Division #113. NLSO #113 has purchased an Elliptical exercise machine for their office staff to use!

2<sup>nd</sup> place – NPAM Prize Package (t-shirts, pedometers, etc.) - Adult Probation, La Ronge; and Keewatin Yatthe Regional Health Authority, Ile a la Crosse

#### **Winners of the School grand prize draws were:**

1<sup>st</sup> place - \$1,500.00 Source for Sports (Prince Albert) Voucher – Nihithow Awasis School, Grandmother’s Bay

2<sup>nd</sup> place - NPAM Prize Package (t-shirts, pedometers, etc.) – Churchill Community High School/Churchill Learning Centre

“Congratulations to all the participating northern communities, organizations and schools! Keep up the great programs and initiatives that support northerners to be physically active every day,” says Jan Shewchuk with the Northern Healthy Communities Partnership.

For more information, contact Judy MacLeod Campbell at (306) 425-3127, extension 5 or visit [www.nscrd.com](http://www.nscrd.com).