



MEDIA RELEASE

For immediate release

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2009 Northern Physical Activity Month

Twenty-three northern communities, community organizations, workplaces, and schools took the challenge and participated in the 2009 Northern Physical Activity Month in May. Northern Physical Activity Month (NPAM) is proudly coordinated by the Northern Sport, Culture and Recreation District (NSCRD), a member of the Northern Healthy Communities Partnership. It is a program that encourages northern communities, schools, workplaces, and other community organizations implement programs, policies or initiatives that support people in the north to be more physically active. This year's theme was "Take the Challenge- Make the Habit" and sample challenges and program and initiatives ideas were provided in the program package.

Some of the examples of initiatives this year include a challenge to "Physically Move across Canada" the group did 7255km in 2 months! Other programs and challenges were community and environment clean ups, treasure walks, scavenger hunts, workplace challenges, pedometer challenges, family dances, stretch band workouts with elders, sport days and much more! "Everyone made an effort to get to work without a vehicle," states one of the many participants. "Many of our walkers were from an older age group, there was even two participants that were in wheelchairs," says another participant.

All communities, schools and workplaces that provided a brief follow up were entered in two of the four grand prizes which were made at the NSCRD Annual General Meeting on June 19.

Winners of the Communities and/or schools grand prize draws were:

1st place - Flaman Voucher for a treadmill or elliptical worth \$1,500.00!
WINNER: Senator Myles Venne High School, Lac La Ronge Indian Band

2nd place – T-Shirt Prize Package!
WINNER: Pinehouse.

Winners of the Workplace grand prize draws were:

1st place – Wii or Disc Golf Prize package worth \$500.00!
WINNER: Population Health Unit, La Ronge

2nd place – T-Shirt Prize Package!
WINNER: Lac La Ronge Indian Band Education/ Administration

"Congratulations to all the participating northern communities, schools and workplaces! We encourage you to keep up the great physical activity programs, policies and initiatives year round. The Active Healthy Kids Canada 2009 report card gave Canada a failing "F" again this year. As families, schools, and communities, let's do our part to ensure our children and youth get the physical activity they need for the many benefits that it provides including increased attention and academic achievement, self-confidence, and health and wellness." says Judy MacLeod Campbell, Program Manager for Culture & Community Development with NSCRD.