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Olympic Torch comes to Assiniboia

New Website promotes physical activity for children, while Pilot project explores ways to get students *in motion*

You could become a torchbearer for the Vancouver 2010 Olympic Torch Relay

The SogoActive Website Launch Event was held Tuesday, April 14, at Moose Jaw Kinsmen Sportsplex. youth between the ages of 13-19 were invited to attend this free event for a photo opportunity with the Olympic Torch and to join in the activity stations including free swim, hip hop dance instruction, Wii stations and much more.

SogoActive puts the "active" in interactive. That means that you get moving, and you get your

friends moving with you. Create or join SogoActive.com groups to arrange active games and activities in your area. Learn how you could be selected by Coca-Cola to become a torchbearer for the Vancouver 2010 Olympic Torch Relay at SogoActive.com.

Pilot project explores best way to get schools *in motion*

Five Hills Health Region, Prairie South School Division, Holy Trinity School Division, Saskatchewan *in motion* and Moose Jaw *in motion* are working together on a physical activity

project that focuses on children. Both the Assiniboia Elementary and the Assiniboia 7th Avenue schools are included in this pilot project.

According to Canada's Guide to Healthy Active Living, children and youth require a minimum of 60 to 90 minutes of moderate to vigorous physical activity every day for optimal growth and development. However, only 10 per cent of children and youth are meeting this requirement.

The pilot project is targeting six schools over the next two years to work toward sustainable daily

physical activity for all students. The goal of the project is to increase physical activity among children, and exploring ways for all schools to be *in motion*.

What does it mean to be *in motion*? *In motion* schools provide 30 minutes of moderate to vigorous physical activity everyday for every student, in addition to delivering physical education curriculum, and have teachers and school staff act as positive role models.



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Initial meeting of catalyst teams from each of the pilot schools will take place next month, followed by action planning focused on the phases of Saskatchewan *in motion*'s behavior change model:

- developing an understanding of the importance of physical activity,
- increasing awareness of how to incorporate physical activity into the school day,
- utilizing existing programs and identifying needs for additional programs,
- creating a supportive physical and social environment, and
- the need for healthy school policies.

The increasing problem of childhood obesity and its consequences is a major public health concern, leading some researchers to speak of an 'international epidemic of childhood obesity'. Research shows the benefits of physical activity and the need to encourage a physically active lifestyle for our children, who for the first time ever are anticipated to have a shorter lifespan than their parents.

The Saskatchewan *in motion* model recommends that an additional 30 minutes of physical activity come from family activities and another 30 minutes be community initiated, to achieve the 90 minutes of recommended physical activity. Do your part for our children by being a role model and an advocate for physical activity in your family and your community each day!