

## BACKGROUND

Most of us recognize the many benefits of regular physical activity to our health, happiness and success. Yet, despite what we know – the majority of us remain inactive. In fact, in the spring of 2018 the World Health Organization declared physical inactivity to be a global health crisis.

[Let's Get Moving](#) – is a national call to action and common vision to increase physical activity and reduce sedentary living in Canada.

Saskatchewan is ready to respond by bringing leaders together to take collaborative ACTION to get our province moving!

LET'S GET MOVING SASKATCHEWAN is a 3-year game plan that builds on success and increases our collective impact toward one common goal:

### **To get children, youth and families active outdoors!**

Led by Active Saskatchewan, the Ministry of Parks, Culture & Sport and the Community Initiatives Fund, organizations and individuals across sectors are taking action in five priority areas:

- To increase physical literacy
- To balance screen time
- To increase the use of active forms of transportation
- To address perceptions of risk associated with unstructured play
- To increase opportunities in the workplace

If we all work together we WILL make a difference.

**Will you join us?**