



Saskatchewan *in motion's* Physical Activity Summit will be held in April, and we want to ensure the voice of youth is heard! Provincial decision makers like the Premier of Saskatchewan, mayors, counsellors, members of the school divisions, health regions, business owners and other individuals have been invited to attend and determine what needs to be done to increase physical activity opportunities for Saskatchewan's children and youth (**Less than 15%** of Saskatchewan children and youth are active enough each day for health benefits). We want to ensure these leaders understand what Saskatchewan's youth are asking for. We are looking for your support and assistance to help SHOW these leaders how powerful our province's youth can be!

Saskatchewan *in motion* held a Youth Summit this past January and February. Youth were brought together from across the province that are passionate about physical activity to identify issues and solutions and to determine how the message of "youth wanting a more physically active Saskatchewan" could be presented to the provincial leaders.

One of the components of the presentation at the Physical Activity Summit will be a Charter with names of youth from across our province stating that they are committed to being physically active, creating changes for physical activity and that they need the support and encouragement of provincial decision makers to make it happen. The Youth Summit group is collecting over 1000 signatures from across the province and is including these names in their presentation at the Physical Activity Summit. We want leaders to see that Saskatchewan's youth are committed and willing to work together to create more physical activity opportunities. Our hope is that these leaders will be encouraged to take action and work towards making physical activity the easy and readily accessible choice for youth.

To communicate this message to the provincial leaders, we will be presenting them with the following statement:

"I commit to be physically active, and to work together with leaders in my community and across the province to create more opportunities for youth to be physically active where they live, learn, work and play."

If this statement is something that you feel is important, agree with, and you want your voice as a youth to be heard, please sign the Saskatchewan Youth Charter for Physical Activity along with the rest of Saskatchewan's youth so that the leaders in Saskatchewan will know how passionate and strong their province's youth are!

Help us and join the movement for physical activity! Share this letter with other youth you know, whether they are your friends, family, other youth in your community, whoever! We ask that the sign-up sheets be returned to Saskatchewan *in motion* no later than March 31, 2011. You can return the signed Charter sheets in a variety of ways, whichever way works best for you:

- Mail to Saskatchewan *in motion*, 202-2050 Cornwall Street, Regina, Sask. S4P-2K5
- Scanned and emailed to info@saskinmotion.ca
- Faxed to *in motion* at 306-780-9466

Thank you very much for your help. We are very excited to be able to have this chance to present and have the voices of youth from all across Saskatchewan be heard. If you wish to submit an individual photo of yourself, or one with a group of youth (classmates, youth group, etc.) that have also signed the charter, please include it as we would love to be able to incorporate some photos into the charter presentation.

