

in motion COMMOTION

Spring 2011

Inspiring Action Physical Activity Summit ●●●

What do we want... Action! When do we want it... NOW! This was the chant that the youth team, named Generation Action, voiced during the recent Inspiring Action Physical Activity Summit held in Regina.

Generation Action is made up of six young people, between the ages of 14 and 22. Together Generation Action represented Saskatchewan's youth by asking summit delegates for more physical activity opportunities. Through a dynamic presentation of video testimonials and live audience interaction, the youth presented their asks to the summit delegates who consisted of provincial leaders in health, education, sport, recreation and municipal sectors.

Here's what the youth asked for:

- **access to free and low cost programs and facilities for all children and youth in Saskatchewan,**
- **mandatory physical education and physical activity for all students,**
- **involvement in decision making processes that impact physical activity.**

The presentation ended by engaging the audience in an energetic exchange of chants with the youth shouting, "What do we want?" and the delegates exclaiming, "Action!" The youth followed up with, "When do we want it?" and the crowd shouted, "Now!" This chant continued to get louder and more enthusiastic until everyone in the entire room was shouting, "ACTION!"



With the youth's powerful presentation in mind, the summit delegates met the next day to participate in an action focused dialogue about physical activity in the province. This dialogue will now set the stage for some very exciting work ahead with regards to increasing physical activity for Saskatchewan children and youth.

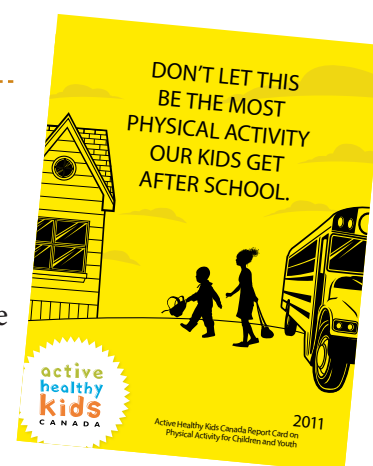
If you would like to participate in the discussion that was initiated at the Inspiring Action Physical Activity Summit please join the conversation on the Saskatchewan *in motion* website forum at: www.saskatchewaninmotion.ca/forums/inspiring-action-physical-activity-summit/.

For more information about Generation Action check out: <http://www.saskatchewaninmotion.ca/youth/youth-summit>

2011 Active Healthy Kids Canada Report Card ●●●

The 7th Annual Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth was recently launched. Canadian children and youth were given a failing grade with only 9% of boys and 4% of girls meeting the new Canadian Physical Activity Guidelines. Saskatchewan children and youth are slightly above average with 12% meeting the new guidelines. The 2011 Report Card was developed by Active Healthy Kids Canada, in collaboration with ParticipACTION and the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario.

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This year's report card has a special focus on the after-school period, and examines the influences in a child's life such as school, family, community, and government policy, that might have an impact on his or her physical activity levels. According to the report card, the pattern of after-school inactivity is a concern, with 92% of this time period being spent by children in sedentary pursuits or light physical activity.

We know that screen time is stealing our kids' precious time with the average child or youth spending over 40 hours in front of screens per week. According to Dr. Mark Tremblay, Chief Scientific Officer, Active Healthy Kids Canada and Director of Healthy Active Living and Obesity Research Group (HALO), "These alarming hours equate to a very sedentary child, so we must transform the after-school hours into healthy, active living time." Research also tells us that this generation – our children and youth – could have a shorter and less healthy life than their parents, thanks in part to inactivity.

At Saskatchewan *in motion*, we recommend kids get 60 minutes of physical activity every day for their health benefits, and more is better! So as parents, leaders,

I M Commotion Blog ●●●

Saskatchewan *in motion* is launching a new blog called I M Commotion. The blog was created to showcase success within the physical activity movement, while inspiring everyone to move, with gusto! The I M Commotion blog will be used to exchange knowledge on issues relating to physical activity while raising awareness of our shared responsibility for making physical activity the easy choice for kids.

The blog content will focus on Saskatchewan *in motion*'s 30-30-30 solution which details a shared responsibility for making sure kids get 60 minutes of physical activity every day (and more is better!). Here's how it works: all three sectors, the home, school and community, are encouraged to share the responsibility for providing 30 minutes of physical activity in their sector. If every child in Saskatchewan

caregivers and role models, what are the children you care about doing in the after school period to stay physically active? Here are some tips to help us get our kids moving more often:

- **Unplug our kids by reducing 30 minutes of screen time with 30 minutes of physical activity time.**
- **Incorporate active transportation such as walking, running, cycling, or skateboarding in your child and family's lifestyle.**
- **Find ways to be active outdoors. According to Dr. Tremblay, "Time spent being active outdoors after school lowers levels of anxiety, anger, fatigue and sadness."**

For further information, visit: www.activehealthykids.ca/.



attended a school, participated in a community program and lived in a home that assumed the responsibility of the 30-30-30 model, then every child or youth would enjoy at least 60 minutes of physical activity daily, which by the way meets Canada's National Guidelines on physical activity.

The I M Commotion blog posts will alternate between a focus on home, school and community. Each month the blog will feature two new posts; one written by a member of the physical activity movement and another written by a Saskatchewan *in motion* staffer.

The first blog post will be posted soon, so go check it out at, www.imcommotion.ca/. To guest post on our blog, please contact Julie Chabot Thoring at: julie@saskinmotion.ca.

In motion Family Screen Time Challenge ●●●

30
minutes at
home

Congratulations to the Hawkins family from Assiniboia, winner of the Turn It Off & Move It Family Screen Time Challenge. Happy Trails as you enjoy Geocaching while being physically active!

Did you know children and youth spend on average six hours each weekday and seven hours per day on the weekend in front of a screen? With less than 15% of Saskatchewan children and youth active enough each day, *in motion* believes that replacing 30 minutes of screen time with 30 minutes of physical activity is an excellent way to get children and youth to be more active, more often! Screen time isn't just the time spent in front of a television, but also time spent on

computers, playing video games and on cell phones.

To help families replace screen time with active time, *in motion* held a Turn It Off & Move It Family Screen Time Challenge. Families were required to track their screen time and active time for a week. Tips and ideas were provided throughout the challenge and participants were invited to download the new Family Screen Time Guide off the *in motion* website. At the end of the challenge period, the screen time logs were submitted and the families' names were entered in a draw for a Geocaching prize package.

Many Saskatchewan families participated in the challenge, and covered much of the province, from Coronach to La Ronge. Each family provided great stories and photos of their family being active.

New Physical Activity Themed Elementary School Agendas ●●●

30
minutes at
school

Saskatchewan *in motion* and School Specialty Canada have partnered to include information about *in motion* and physical activity in all of the 2011-2012 Saskatchewan elementary school student planners. This opportunity allows *in motion* to connect with parents and caregivers about the importance of physical activity for children and youth on a daily basis.

All School Specialty student planners will feature an *in motion* insert page, a physical activity calendar, a page finder bookmark that addresses the need for 30 minutes of physical activity after school, and a back cover page that features information designed to encourage youth to be active for 60 minutes daily. Samples of the *in motion* content can be viewed at: <http://www.saskatchewaninmotion.ca/whats-new/elementary-student-planners/>

In addition to its other themed Student Planners, School Specialty Canada will also be releasing a new Active & Healthy Living themed 2011-2012 student planner. It is full of tips and tracking tools to promote an active lifestyle to encourage children to achieve 60 minutes of daily physical activity. This planner features a daily physical activity tracking section so that students can track their daily time spent being active.

To view options for your planner visit, www.premier.ca/. Orders can be placed by calling 1.800.665.2461.



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Spring 2011

Regina Catholic Schools “Fitness-A-Thon” - *Kids helping Kids to be Physically Active* ●●●



Talk about physical activity with kids in mind! The Regina Catholic School Division held a Fitness-A-Thon for around 2100 enthusiastic and active students in grades 6 to 12 on May 17, 2011. The students participated in a 60-minute workout at Mosaic Stadium, that included a warm up and cool down.

The event was a fundraiser for KidSport, an organization that provides kids with an opportunity to participate in sport

programs and encourages the development of early physical activity habits. During the Fitness-A-Thon, students participated in activities that involved pushing, pulling, running, pressing, walking, and jumping. In essence, they were totally physically active while having fun at the same time. Members of the RCMP Training Academy, dressed in red serge, also attended the Fitness-A-Thon, as part of the opening ceremonies and led the students in the singing of O’Canada.

According to Brian Lewis, Physical Education and Health Consultant with Regina Catholic Schools, “The students followed the physical education curriculum learned and practiced on a daily basis in our school division. Our hope is that the students will continue to make physical activity a life-long commitment and that by doing so, they can stay active and healthy.” Currently, all elementary schools in the Regina Catholic School Division are designated *in motion* schools. This means that the students receive an additional 30 minutes of daily physical activity, above and beyond the physical education requirements.



Causing a commotion in Hudson Bay ●●●

Located in North East Saskatchewan, Hudson Bay is a community of strong leaders who continue to drive the *in motion* movement forward.

These leaders made a commitment to cause an *in motion* commotion for the month of

March which was designed to celebrate and raise awareness about the great physical activity opportunities that are available in the community.

In March, the elementary school kept students moving by providing various physical activity opportunities. One of the activities was a Gym Blast. All elementary students participated in a half-day activity-filled session. Different stations were set up around the gym for the students to be active. Students also had the

opportunity to share their knowledge about physical activity and healthy lifestyles through recorded radio announcements that were broadcast all month on the local radio station.

March 30th and 31st was the grand finale to the entire *in motion* commotion month. It included a Saskatchewan *in motion* presentation to town council, two focus group meetings, and a community-wide walk. The focus groups, which included a group of youth from the local high school and a group of women of all ages from the community, highlighted opportunities for physical activity, improvements that could be made, along with solutions. A community-wide walk, that helped raise awareness of the newly developed trail system, wrapped up the two day event. Over 400 community members participated in the walk.