



# Communities *in motion*

## Quick Start Kit

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Connect • Engage • Thrive

# Become part of the *in motion* movement!

Less than 15% of Saskatchewan children and youth are active enough.  
We're NOT OK with that....Are you?

## A province-wide movement

Saskatchewan *in motion* is a province-wide movement aimed at increasing physical activity for health, social, economic and environmental benefits.

Our vision is that the people of Saskatchewan will be the **healthiest, most physically active in Canada.**

Our goal is to **GET KIDS MOVING!**

## A shared responsibility

According to the new Health Canada guidelines, children and youth require a minimum of 60 minutes of physical activity every day, and more is better. Saskatchewan *in motion* INSPIRES, GALVANIZES and CONNECTS a provincial movement of educators, parents, caregivers and community leaders to increase opportunities for just 30 minutes at home, at school and in the community.



## What is an *in motion* community?

An *in motion* community is one that values physical activity and works together to create conditions necessary for individuals to make physical activity a part of their daily lives.

An *in motion* community is committed to work together and ensure that all sectors of the community including schools, organizations, local government and neighborhoods do their part to increase physical activity opportunities for all individuals to participate, especially children and youth.

This can be achieved through a combination of education and awareness, improved access to physical activity opportunities, and the development of policies and procedures that support choices to be physically active.

## Why is physical activity important to your community?

- Less than 15% of Saskatchewan children and youth get the physical activity they need every day
- Research has shown that physical activity rates are higher and more likely to be at recommended levels when communities are designed with active transportation in mind
- Increased physical activity results in a more healthy and vibrant population

## Become an *in motion* community

- Bring together community members interested in creating a vision for a healthier, more active place to live, learn, work and play
- Build excitement and awareness of the Saskatchewan *in motion* movement and the benefits of getting physically active
- Make a commitment to take on the challenge of creating an action plan for a physically active community
- Complete the attached declaration form and return it to the Saskatchewan *in motion* provincial office
- Celebrate and monitoring your achievements along the way

## You are not alone!

The Saskatchewan *in motion* movement is here to support you! When your community joins the movement, we will provide you with tools and resources to get your community more physically active including:

- A Community Awareness Tool Kit designed to help you run your own *in motion* community awareness campaign
- Access to the Community Subsidy Program to help fund initiatives in your community that increase opportunities for children and youth to be active
- Newsletters and monthly e-news that keep you up to date and connected to the *in motion* movement
- Our website [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca) where you will find the latest tools and resources available to support and enhance your physical activity initiatives
- Promotion and recognition of your *in motion* initiatives
- Regular updates containing information about how to participate in the Saskatchewan *in motion* challenges and other special events
- Notices and invitations to various workshops and seminars on creating environments that support physical activity throughout your community
- Community *in motion* flag and much more!

**We all have a role to play in making physical activity the easy choice for our kids.**

**Join the movement today! Our kids are counting on us!**



# Community Declaration Form



**Yes!** The community of \_\_\_\_\_ is ready to **Join the Movement** and work together to take on the challenge of ensuring our children and youth have the opportunity to move more.

**We have taken steps towards getting our community *in motion* by:**

- Visiting [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca) and reviewing background information about the Saskatchewan *in motion* movement
- Bringing together community members interested in creating a vision for a healthier, more active place to live, learn, work and play
- Building some excitement and awareness of the Saskatchewan *in motion* movement and the benefits of getting physically active
- Making a commitment to take on the challenge of creating an action plan for a physically active community
- Making a commitment to celebrate and monitor our achievements along the way
- Choosing a contact representative for our community

**Please send us more information to help us in our efforts**

## Community Information

Name of your community representative: \_\_\_\_\_

Representative mailing address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Postal code: \_\_\_\_\_

Phone number work: \_\_\_\_\_ home: \_\_\_\_\_

Fax number: \_\_\_\_\_

Email: \_\_\_\_\_

Representative signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*Please submit completed declaration form to the Saskatchewan *in motion* provincial office by fax (306-780-9466) or mail (#202-2050 Cornwall St. Regina, SK S4P 2K5)**