



Saskatchewan *in motion* Key Messages

Generic:

- Saskatchewan *in motion* is a province-wide movement aimed at increasing the physical activity of children and youth.
- Less than 15% of Saskatchewan children and youth are active enough! We're not OK with that ...Are you?
- Did you know that as a direct result of physical inactivity, for the first time in history, our children are expected to live shorter, less healthy lives than their parents?
- According to Canada's physical activity guidelines, children and youth require a minimum of 60 minutes of physical activity every day, and more is better.
- To be healthy – physically, mentally and socially – our kids need to move more!
- If we all work together, and share the responsibility of increasing physical activity for our kids, we will be part of a Saskatchewan solution to get our kids moving.
- Saskatchewan *in motion* INSPIRES, GALVANIZES and CONNECTS a provincial movement of educators, parents, caregivers, and community leaders to increase opportunities for physical activity for just 30 minutes at home, at school, and in the community.



Families:

- Family members including parents, grandparents, aunts, uncles, even caregivers and neighbours can do their part to speak out for the programs, services, and environments we need to keep our kids moving.
- Did you know that our young people are spending more than six hours each weekday in front of a screen and up to seven hours on weekends? Our little ones are starting to watch television as early as five months of age! Don't you think it's time to unplug our kids? Saskatchewan *in motion* recommends that families replace 30 minutes of their kids screen time with 30 minutes of physical activity.
- Pledge to take action! Do just one thing to increase the physical activity of the kids you care about.
- Check out [re:activity](#), Saskatchewan *in motion's* new multi-media campaign that uses the power of video to show parents how they can increase physical activity at home. Features include inspiring webisode stories, expert advice and practical tools and information to help parents get their families moving more.

Schools:

- Schools have an important role to play. Become an *in motion* school by providing 30 minutes of physical activity every day for every student, in addition to regular scheduled physical education time.
- Join over 450 *in motion* schools across the province working towards the same goal of getting our kids moving during the school hours.
- Saskatchewan *in motion's* Daily Physical Activity (DPA) manual and video series supports the Ministry of Education's physical activity policy recommendations. The manual has information and activities to help get kids moving. [Click here](#) to download the DPA manual and video series. (<http://www.saskatchewaninmotion.ca/tools-resources/schools-in-motion>)
- The Government of Saskatchewan is committed to working with school boards to ensure children and youth engage in 30 minutes of moderate to vigorous physical activity daily. *Check out the [Ministry of Education's Inspiring Movement: Guidelines for Physical Activity in Saskatchewan Schools](#)* to learn how to create your own daily physical activity policy.
- Less than 15% of Saskatchewan children and youth are active enough. That's less than 4 kids in a classroom of 25!
- Create a classroom that moves! A classroom that moves is fun for your students and for you.

Communities:

- Become an ***in motion*** community! Create a vision for a healthier, more active place to live, learn, work and play.
- Work with your community leaders to develop an action plan for a physically active community.
- Our communities can work together and do their part by providing a wide range of programs, facilities and services to ensure physical activity opportunities exist for all people to participate.
- Community leaders can include activities and strategies to increase physical activity opportunities in official community plans.
- By working together, communities can create a healthier, more active place to live, learn, work and play.
- Saskatchewan ***in motion*** supports active choices such as leaving the car at home and walking, cycling, or skateboarding to where you need to go.

Visit saskatchewaninmotion.ca for more information, tools and resources.

Join the movement and take action.

Our kids are counting on us!