



For immediate release

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Only 15% of Saskatchewan kids are active enough

Active Healthy Kids Canada releases the first Report Card on Physical Activity for Children & Youth – Saskatchewan Supplement.

REGINA (SASKATCHEWAN) SEPT 15, 2009 – Only 15% of Saskatchewan children and youth are meeting physical activity guidelines—only slightly above the national average of 13%. This is according to the inaugural Saskatchewan Supplement to Active Healthy Kids Canada’s Report Card on Physical Activity for Children and Youth, launched today at the University of Regina’s Centre for Kinesiology, Health & Sport, in partnership with Saskatchewan *in motion*.

The Active Healthy Kids Canada Report Card - Saskatchewan Supplement is a compilation of the most current available information relating to physical activity levels among children and youth in the province. It is the first ever regional supplement, and the first to take a more thorough examination of physical activity in kids at a provincial level. “If we want to address the physical inactivity crisis in our children, we need to be looking at the unique research and issues in each province, territory, and in municipalities,” says Dr. Mark Tremblay, Chief Scientific Officer, Active Healthy Kids Canada, “While it’s not all good news for Saskatchewan kids, this data will help to inform policies, programs and campaigns to help us secure a healthier, more active future for kids in unique communities across Canada.

“The findings indicate that while we are on the right track in Saskatchewan, there is a still a long way to go. 15% is not acceptable,” says Cathie Kryzanowski, provincial manager of Saskatchewan *in motion*. “We are asking everyone to jump in and do their part to increase the physical activity levels of our province’s children and youth. Be active and help Saskatchewan kids to move more.”

To get kids moving, Saskatchewan *in motion* suggests the formula of 30, 30, 30. That means that every child should get 30 minutes of physical activity at school, 30 minutes in the community and 30 minutes at home. That all adds up to the 90 minutes of daily

physical activity recommended in Canada's Physical Activity Guides. It's an easy way for parents, schools and the community to work together to get kids moving.

The Saskatchewan Supplement also recommends increased funding for physical activity in the province, the formation of a dedicated research committee, better evaluation of physical education in Saskatchewan and the production of a Saskatchewan Supplement every three years.

"We believe the knowledge gained through research is instrumental in helping us move forward," adds Kryzanowski. "We are keen to continue collaborating with researchers to address some of the knowledge gaps on this issue in Saskatchewan."

To view the Saskatchewan Supplement of the Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, go to www.saskatchewaninmotion.ca or www.activehealthykids.ca.

About Active Healthy Kids Canada

Active Healthy Kids Canada was established as a charitable organization in 1994 to advocate the importance of physical activity for children and youth where they live, learn and play. As a national leader in this area, Active Healthy Kids Canada advances knowledge to influence decision-makers at all levels, from policy-makers to parents, in order to increase the attention given to, investment in, and effective implementation of physical activity opportunities for all Canadian children and youth.

About Saskatchewan *in motion*

Saskatchewan *in motion* is a province-wide movement aimed at increasing physical activity for health, social, environmental and economic benefits. The vision is that the people of Saskatchewan will be the healthiest, most physically active in Canada. Saskatchewan *in motion* encourages families, schools and communities to share responsibility in increasing the physical activity levels of our children and youth.

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For more information, contact Cathie Kryzanowski, provincial manager, Saskatchewan *in motion* by calling (306) 780-9363 or toll-free 1-866-888-3648, or emailing info@saskinmotion.ca.