



Less than 15% of Saskatchewan children and youth get the daily physical activity they need to be happy and healthy.

Are YOU OK with that?

Saskatchewan *in motion* is a province-wide movement of thousands of parents, leaders, teachers, decision makers and youth, who are taking action to get kids moving! We believe we're ALL responsible for making sure the kids we care about get at least 60-90 minutes of physical activity every day.

The movement is supported by strategic partner organizations and a team of staff to INSPIRE, GALVANIZE, and CONNECT them with information, tools and resources to inspire action. Our vision is that the people in Saskatchewan will be the healthiest, most physically active in Canada.

Additional partnerships with stakeholders and communities ensure the movement continues to develop and grow to support the full participation of all Saskatchewan children and youth.

Have YOU Joined the Movement? It's easy, exciting and together we're making a difference.

Declare your community, school, or classroom "*in motion*" today. By declaring, you are joining a network of hundreds of schools, communities and individual leaders already taking action to help kids get the daily physical activity they need to be healthy and happy!

If we all do our part, we can increase physical activity for the kids we care about so they enjoy the health, social, economic and environmental benefits of an active lifestyle.

There are hundreds of ways you can inspire children and youth to move at home, at school and in the community. To get started, visit www.saskatchewaninmotion.ca.