



About Saskatchewan *in motion*

OUR KIDS ARE COUNTING ON US!

Volumes of research support what most of us know.... our kids need to MOVE!

Daily physical activity is essential to the health, happiness and success of the children and youth we all care about.

Saskatchewan *in motion* is a province wide movement of decision makers, influencers, leaders, educators, organizations and families working together toward a common **goal**:

Despite what we know, less than 15% of Saskatchewan children and youth get the more than 60 minutes of daily physical activity they need.

To Get More Kids, More Active, More Often!

Our **vision** is that Saskatchewan children and youth will achieve the many benefits associated with participation in daily physical activity where they live, learn and play.

The **mission** of Saskatchewan *in motion* is to **POWER A MOVEMENT** of decision makers, leaders, educators and parents to take action to get **MORE KIDS, MORE ACTIVE, MORE OFTEN**.

The following **values** guide the work of Saskatchewan *in motion*:

- **PASSION:** Absolute commitment to the health, happiness and success of Saskatchewan children and youth.
- **INNOVATION:** Fuel our movement with creative and unique ideas for action.
- **COLLECTIVE ACTION:** If it is to be – it is up to “we”.
- **RESPECT:** Value and celebrate the contributions of all.
- **EXCELLENCE:** What we do – we do well.
- **FUN:** The easiest way to change behavior is to make it fun.
- **SHARED LEADERSHIP:** Unite and mobilize strengths, skills and perspectives.
- **INTEGRITY:** Worthy of the trust of those we serve.
- **RESPONSIVE:** Relevant today and ready for tomorrow.
- **BOLD:** Fearless to speak out, take action and try something new.

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.

Saskatchewan *in motion* believes in **a shared responsibility** to increase opportunities for just 30 minutes at home, at school and in the community.



In motion blends provincial, regional and local resources together with strong **community leadership**.

The movement is guided by the Saskatchewan *in motion* **Strategic Development Council** represented by the Saskatchewan Parks & Recreation Association, Sask. Sport Inc., University of Saskatchewan, Saskatchewan Urban Municipalities Association, health organizations, school boards, University of Regina, First Nation University of Canada, and community leaders.

>>> Have YOU joined the Movement? >>>

Make sure the kids **YOU** care about are living healthy, happy and active lives.

- Visit www.saskatchewaninmotion.ca to join the movement.
- Follow us on Facebook, and Twitter.
- Get great ideas to take action in your family, school or community!

Contact:

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