



Volume 3, Issue 2
Spring 2002

"Get Out - Get Active"

During the month of May (May 6-26), *in motion* has been running its summer marketing campaign. The message is it's time to "get out and get active"! We have all suffered through the long winter (did we ever have Spring?), and it is time to discover the greatest natural gym in the world - the outdoors! We hope you have seen our television commercials encouraging you to start walking; or our various radio commercials providing you with

walking tips and directing you to the *in motion* web site for your personalized walking program.

Maybe you have seen our billboards or ads on the sides of buses? If not, by reading this newsletter considered yourself informed and challenged to get active, just in case you're not active already! We also provided activity logs for everyone to chart their progress with some activity tips on the back. If you would like one of

these, they are available at City Leisure Facilities until the end of May or available on the *in motion* web site. After that, you can always call our office (655-DO IT), to get a copy.

Summer is a great time to re-discover physical activity, or to add new activities to your "normal" routine. So get out those rollerblades, tennis racquets, baseball gloves, beach volleyballs and have some fun being "*in motion*"!

Get "in motion" and Help Your Community

There are many wonderful opportunities in Saskatoon to be physically active and give something back to the community at the same time! Many wonderful charitable or community minded initiatives tie in physical activity to events they offer to help support their causes. *In motion* is proud to support the following Community Events and programs:

Beat Beethoven - Opus 13 . . . Get With The Beat - Run, Walk or Rollerblade! Sunday, May 26 at Saskatoon Field House, Registration 12:00 -2:00 p.m., Race at 2:00 p.m.

Entertainment by the Saskatoon Brass Band 1:00 -2:00 p.m.

Advance registration at earlybird price \$15 before May 17, at the Symphony Office, 7th Floor, Delta Bessborough Hotel, 703 - 601, Spadina Crescent, or at Brainsport on Broadway. Registration after May 17 - \$20; seniors & students - \$10; pre-schoolers free **or**, raise \$50 in pledges to enter for free and be eligible for great prizes too.

Everyone raising \$250 will receive a Brooks jacket from Brainsport and be entered to win a trip for two anywhere West Jet flies! Chances of winning 1 in 20.

Souvenir Lucky 13 T-shirts \$10 each.

Opus 13, the annual Beat Beethoven event is a fundraiser to Support Our Saskatoon Symphony. Take a leisurely family walk of 5 km (along Elliott Street and back along College Drive) or a 10 km run through the campus and along the riverbank. Musicians will play for you along the way, with water stops at intervals and light refreshments at the end of the race. Start to the opening notes of Beethoven's 9th Symphony and complete the walk or run before the last notes are played and you will Beat Beethoven!

Lots of prizes - lots of fun!

Call Gloria at 653-0618 for more information.

Come as a family and Get "*in motion*"!

KIDS...in motion . . . University of Saskatchewan Campus, August 6-9, 2002, 9:00 am - 12:00 noon and 1:00 - 4:00 p.m. daily

Cost for full days: \$140.00/week; half days: \$80.00/week; parents, friends, siblings and Teacher Assistants - \$25.00/week

Camp Description: This fun-filled four-day summer camp is offered by the faculty and staff at the College of Kinesiology, University of Saskatchewan. The camp is designed for children with a mobility challenge who use adaptive equipment such as a wheelchair. The purpose of the camp is to give participants and their families, caregivers and teachers an opportunity to be involved in physical activities that are adapted to suit the needs of the children.

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Get "in motion" (continued from page 1)

Children learn specific wellness concepts and life skills such as managing the environment with confidence, interacting with others, and the development of a variety of physical skills that are necessary for an active, healthy lifestyle. The children, and their significant others, who register for this weeklong program participate in a variety of indoor and outdoor activities. Since the camp's inception three years ago the children have had the opportunity to investigate physical

activities such as scuba diving, sit skiing, hand crank cycling, wheelchair racing, aerobic dancing, track and field events such as discus and javelin, and floor hockey, and artistic endeavors such as dance, music and visual art.

Please Note: Accommodation is available for those families who would like to have a full campus experience. For information please call the coordinators Joan Krohn, College of Kinesiology, 306-966-6477, and Arvid Kuhnle, College of

Kinesiology, 306-242-4965.

To register for the camp please call 306-966-7022.
<http://www.usask.ca/kinesiology>

Fathers Day Run Walk 'n Roll . . . Come out on June 16 for a great time! Join Saskatoon District Health, MD Ambulance and of course *in motion* in raising funds for the United Way. For more information call 668-9520 or email run-walkroll@mdambulance.com

Just 'do it'

Do it at work . . . When a company buys a new piece of equipment, it is often to make something work more efficiently. We could look at health promotion programs the same way as that piece of equipment to improve the efficiency of a company's most valuable resource - its employees. *In motion's* Workplace Wellness initiative can help you do that! We have numerous resources that will either enhance your current programs or get you started in developing a healthy workplace. For more information, call Nancy Lackie at 655-8262 or by email lackien@sdh.sk.ca.

Older adults do it . . . Saskatoon's older adult community is *'in motion'*! Pilot programs ran in eight locations (Elim Lodge, Harry Landa Court, Kiwanis Manor, LutherCare Tower, McClure Place, McNaughton Place, St. Ann's Home, and The Franklin Retirement Community). The

"Forever...*in motion*" program focused on breaking down the barriers and perceptions that older adults may face when it comes to exercising, a physical activity program as well as an education session. *In motion* will be looking at expanding the program throughout Saskatoon in the fall. If your condominium, high-rise or group is interested in finding out more about "Forever...*in motion*", please call Nancy Lackie at 655-8262 or by email lackien@sdh.sk.ca.

Youth do it . . . The list of *in motion* schools continues to grow in Saskatoon. There are now 52 schools that have declared themselves *in motion!* With more and more research coming forth in the news about the high levels of inactivity among Canadian youth and the increase in the levels of overweight or obese children, it is becoming ever more apparent that programs like *in motion* are essential. The combination

of inactivity and increased weight is putting our children at risk for a multitude of diseases that could be prevented with some modifications to lifestyle ... getting *in motion* and healthy eating. If you would like to check to see if your school is "*in motion*", check out the 'Youth Do It' section of the *in motion* website (www.in-motion.ca).

Doctor's do it . . . *in motion* continues to work with family physicians to assist them in the promotion and prescription of physical activity to inactive patients. The 30 physicians currently partnering with *in motion* have counseled close to 200 patients on increasing their physical activity levels for health benefits. The counseling of the physicians is having an effect! If your doctor has not talked to you about physical activity recently, you may want to encourage her/him to contact *in motion* for resources to assist them!

In motion is a health promotion strategy that aims to have all the citizens of Saskatoon and District make regular physical activity part of their daily lives.

We welcome your submissions to our '*in motion*' newsletter. Please share your fun '*in motion*' stories with us -- let us know how you are doing.

For more information about '*in motion*', please call 655-DO IT (3648) or visit our web site at www.in-motion.ca. If you would like electronic versions of our newsletter, you can "sign up for mail" on our website.

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