

## ***in motion* Sunday Promenade**

Saskatoon ***in motion*** is proud to be a partner with the **Partnership** (Saskatoon Downtown Business Improvement District) and Rawlco Radio, in promoting the ***in motion* Sunday Promenade!**

The goal of the initiative is to increase the use of the "promenade" sidewalk along Spadina Crescent between the University and Broadway Bridges. The intent is to encourage families, friends and individuals to utilize the promenade during the summer months on Sundays. Saskatoon ***in motion*** and **The Partnership** want to encourage the residents of Saskatoon and surrounding area to increase their physical activity and the use of the

beautiful promenade. As Terry Scaddan, the Executive Director of The Partnership, says "**The Partnership objective of the "*in motion* Sunday Promenade" is to introduce Saskatoon residents, their families and guests to our great downtown Spadina Crescent Promenade. A super opportunity to meet and greet our fellow citizens and visitors in the Grand Old Tradition of a water front Sunday Promenade.**"

Since Saskatoon ***in motion*** was launched in May 2000, Saskatoon residents have continued to increase their levels of physical activity. The promenade walk

provides a beautiful natural venue for people to get together to be active! So make sure to check out the "million dollar" facility to walk, jog, rollerblade or skateboard on a Sunday afternoon and enjoy the social atmosphere of others out being active for health benefits.

The **Meewasin Valley Authority** also supports this initiative and has committed to opening its interpretive centre on Sundays over the summer months for visitors that use the Promenade!

The initiative began on Sunday, June 13<sup>th</sup> and will run throughout the summer. So, be sure to make Sundays on the ***in motion* Sunday Promenade** a healthy habit this summer!

## ***In motion* Encourages You To Walk This Summer!**

Walking is inexpensive, easy to do and can be done almost anywhere you decide to go! Here are a few walking facts to keep you active and healthy this summer:  
**Walking briskly for 30 minutes, 4 to 7 days a week relieves stress, helps you achieve and maintain a healthy body weight,**

**gives you energy and can help reduce the risk of developing heart disease, osteoporosis and cancers. Strolling along the street is not as good for your health as a nice brisk walk. Set a pace that makes your heart beat a little faster, breathe a little harder and makes you feel warmer. You can achieve the**

**same physical benefits from walking as you do from running. However, it may take up to twice as long to cover the same distance. Walking one mile burns only slightly fewer calories than running one mile. And it's less stressful on your body!**

# SunSense Guidelines

Check out the *in motion* web site at [www.in-motion.ca](http://www.in-motion.ca) for more tips

on how to stay active!

You can enjoy healthy activities while in the sun. Follow these guidelines to protect yourself and your loved ones.

- Reduce sun exposure between 11am and 4pm
- Seek shade or create your own shade
- **SLIP!** on clothing to cover your arms and legs

- **SLAP!** on a wide-brimmed hat
- **SLOP!** on sunscreen with SPF#15 or higher
- Keep babies under one year out of the direct sun
- Tanning parlours and sunlamps are not a safe way to tan.
- Wear sunglasses

For more information contact the Canadian Cancer Society's toll free Cancer Information Service at **1-888-939-3333** or visit our website at [www.sk.cancer.ca](http://www.sk.cancer.ca)

**Slip! Slap! Slop!** is an official mark of the Canadian Cancer Society

Canadian Cancer Society



Société canadienne du cancer

## Fall...*in motion* If You Want To Be Active!

Once again, planning is underway for *in motion's* annual **Fall...*in motion*** event kicking off the 4-week 'Stay Active' campaign for the month of October. This year the event will also be celebrating **Fall...*in motion's*** fifth anniversary of keeping the residents of Saskatoon and Region active. Keep your eyes and ears open as more information will be sent out within communities about the **Fall...*in motion*** kick-off event and the '**Stay Active**' campaign that is set for October 1, 2004.

*In motion* continues to grow and expand in Saskatoon and region. We are currently working on a strategy to "roll out" *in motion* to all of the communities in the Saskatoon Health Region. We continue to expand, develop and enhance our strategies with children and youth in schools (over 80 *in motion* schools); workplaces (over 130 *in motion* worksites); older adults (21 **Forever...*in motion*** sites) and physicians (over 40 physicians).

*In motion* is a health promotion strategy that aims to have all the citizens of Saskatoon and Health Region 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](http://www.in-motion.ca). If you would like electronic versions of our newsletter, you can "sign up for mail" on our web site.