



## ***In motion* receives Provincial, National and International Recognition**

We here at ***in motion*** thought it was time that we updated you on some of the recognition that Saskatoon and region is receiving because of its support of ***in motion***.

None of the following accomplishments would have been possible without the tremendous support that Saskatoon and region has shown ***for in motion*** and the willingness of Saskatoon and region residents to get "in motion"!

- an International Award from the **International Council on Active Aging** (ICAA) for its comprehensive approach to physical activity and health;
- feature articles in the 2003 fall editions of *Today's Parent*, the *Medical Post* and the *Journal on Active Aging*
- featured on the National Global Television Network as part of the *Obesity: Seeking Solutions* television special in October 2003.
- 2001-2002 Saskatchewan Physical Education Association (SPEA) Local Initiative Award. Recognizing the ***in motion*** elementary school strategy for it's community contribution to increase physical activity in children.
- 2003 SHEA (Saskatchewan Health Care Excellence Award) finalist
- Provincial ***in motion*** initiative announced that is modeled upon the success of the Saskatoon ***in motion*** strategy

## ***In motion* encourages you to "Beat the Winter Blues"!**

Motivation to get active in the winter seems to be non-existent, especially when the days are short, the wind-chill is frightening and everything is covered in snow and ice. However, the climbing percentage of Canadians suffering from obesity, cardiovascular disease, and type II diabetes should be a great motivator to be "in motion"! Why does it seem that more people are active in the summer months than in the winter months, when there are plenty of ways to stay active in all seasons?

Winter is a great time to check out a new winter activity and to add variety to your existing routine. Don't be afraid to explore the winter options that can keep you active outdoors in the winter. If the chilly outdoors isn't an option, get "in motion" at an indoor facility.

Try visiting a mall to do some indoor walking while you window shop! As well, many fitness activities can be done in the warmth and comfort of your home without having to enter the cold. If you don't own any weights, adapt by using household

materials or even cans of soup!

The point is, if there's a will there's a way. Just doing a few of these options each and every day will not only provide you with the added energy to get you through the day, but you will also feel better physically and emotionally and you will be well on your way to an active routine that is sure to stick.

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

## Healthy Eating for Nutrition Month



### Do Today's Kids Eat Well Play Well?

**Eat Well Play Well** is Dietitians of Canada's theme March 2004. Healthy eating is a key component of health but how well are our kids eating? Recent Canadian data shows a majority of children and youth at all grade levels are not meeting their nutrient needs. Why is this?

**Skipping Breakfast:** Less than half of teenage boys and about one third of teenage girls claim to eat breakfast. Breakfast not only helps meet nutrient needs and maintains healthy weights, it improves school performance.

### Eating Fast Food and

**Restaurant Meals:** Frequent "eating out" leads to increased soft drinks and French fries with less fruit, vegetables and milk.

**More soft drinks:** Not only are more children choosing soft drinks but serving sizes have also increased. Since 1977, serving sizes have doubled from an average of 5 oz to 12 oz which increases calories too. More soft drinks means less milk and lower calcium intakes.

**Fewer Family Meals:** Family meals tend to have more fruit and vegetables, fibre and micronutrients with less saturated

and trans fats, less fried foods and soft drinks. Yet, families eat together less often.

**School Environments:** Students have difficulty making wise choices at school due to peer pressure, parents lack of time to prepare healthy lunches and lack of healthy choices at many schools.

**Living in Poverty:** One in six Canadian children live in poverty making it difficult to have adequate food each month.

For more information on **Eat Well Play Well** look to Dietitians of Canada at

[www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).

## What's next for *in motion*?

*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.



In partnership with the University of Saskatchewan, City of Saskatoon and ParticipACTOIN