

In motion UPDATE



Hike and Bike Challenge

The **Hike and Bike Challenge** is a week-long campaign (June 5-11) organized by *in motion* and the **Saskatchewan Environmental Society**. The objective is for people to use active transportation instead of driving and to increase their physical activity levels.

Active transportation is human-powered transportation, and includes cycling, walking and other ways of getting about using your own steam. For example, you could bike to work, in-line skate to the library, or walk to the store. Active transportation is good for the environment and good for your health! Using active transportation instead of driving will reduce emissions of greenhouse gases and other pollutants. It is a convenient way to get "in motion".

Workplaces, families, friends and community groups can form teams of up to 10 people. Keep track of the trips you make during the Challenge week using active transportation - your commute to and from work as well as other trips or errands you take throughout the day. The team with the highest average number of trips per person wins a lunch at a Saskatoon restaurant. Individuals can win great prizes in a draw.



Classrooms can form teams to compete citywide. The class with the highest average number of active transportation trips per person will win a great class prize!

Information on the **Hike and Bike Challenge** can be accessed from www.in-motion.ca or www.environmentalsociety.ca/hikebike

Did You Know?

With all the benefits associated with active transportation, the question is always asked: "Why do so few people walk, run, cycle or use some other active mode to get around?" The simple answer may be that they prefer to rely upon their vehicles. A more comprehensive one is that there are a number of barriers that reduce and undermine choices for choosing active modes. These range from lack of knowledge of available choices, safety, accessibility, etc. Go For Green has developed a document that will assist you in addressing the barriers and increasing the awareness of active transportation. Here are a few great tips that you will find in the document:

- ❖ Establish a workplace active transportation group
- ❖ Incorporate active transportation information into employee orientation programs
- ❖ Participate in community awareness programs (like the Hike and Bike Challenge)
- ❖ Set up a bike pool
- ❖ Establish recognition programs

The entire document can be found on the Go For Green web site www.goforgreen.ca/at/Eng/PDF/WALK_ROLL_ENG_Part2.pdf



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Nibble Notes from Val



Healthy Lifestyles Department
Public Health Services

Backpacking Lunch

Before packing your lunch think ahead to these food safe ideas

Choose an insulated lunch bag and wash in warm soapy water or throw it in the wash often.

Keep hot foods hot and cold foods cold. This may mean packing your lunch with a small ice pack or

a frozen water or juice box. Hot foods can be transported in a small thermos.

Don't leave food outside in hot temperatures for more than 1-hour. Place food in the fridge at work once you arrive or if staying outdoors plan to eat soon after you arrive.

Consider backpack treats that are shelf stable - trail mix or nuts, cereal bars, celery and carrot sticks, whole or dried fruit, single serving canned fruit, tuna, salmon or brown beans.

Always wash fresh fruit and vegetables before packing.

Water is a great thirst quencher. Once again wash reusable beverage containers thoroughly after each use.

Bring packaged towelettes or hand sanitizer to wash hands before eating. You might also want to add extra napkins to place food on.

Forget leftovers. Anything not eaten should be tossed once you return home

Before heading out with a packed lunch take a few minutes to plan food safety too!

Submitted by Val Irvine, Public Health Nutritionist

Start a Walking Club at Work

Get the word out—use email, posters to build interest

Ask co-workers to join you

Make it fun! Start gradually and keep it simple

Think about walking on your breaks—even 5-10 minutes is worth your while

Noon-hour walking club can be kept to 20 minutes

Offer incentives such as prizes

Present certificates of recognition at the next staff meeting

Hold a challenge against departments

Map out a couple of routes outside, one that is 20 minutes long and another that is a bit longer. Use a pedometer to calculate your distance

Plan an indoor route for rainy days

Wear shoes that are appropriate for walking

Important tips to remember:

Be sun safe. You will find great tips on the next page

The club can start at the same time and then groups can be formed depending on time restraints and fitness level

Remember 2 people make up a Club! Start out small and before you know it you will have everyone at work **“in motion”!**



Upcoming Events

May 15—Beet Beethoven (665-6414)

May 29—Saskatchewan Marathon (www.saskatoonroadrunners.ca/marathon)

SUN SENSE GUIDELINES



SLIP! SLAP! SLOP!

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 salons 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

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





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**This newsletter is on
the Web!**
www.in-motion.ca
Look under News

**Physical Activity...DO
IT For Life!**

We've Got Some Great "Stuff"!

PEDOMETERS:

Cost: \$25.00 each



PEDOMETER RESOURCE KIT:

All the tools you will need to run a pedometer challenge in your community, school or workplace. Cost \$50.00



KEY CHAINS: Cost: \$3.00 each



WATER BOTTLES:

Polycarbonate (500ml).

Cost: \$8.00 each



Handle Water Bottle:

Cost: \$4.00 each

For more detailed information or to order any of these items, call **in motion** at 655-DO IT (3648) or visit our web site at www.in-motion.ca

Note, prices do not include GST. Discounts for bulk orders are available.



SummerActive is an annual national promotion organized by the Public Health Agency of Canada designed to help Canadians improve their health through regular physical activity, healthy eating and living tobacco-free. SummerActive is set for May 6-June 20.

SummerActive helps Canadians take their first steps to becoming more physically active and spreads the word that active living, healthy eating and living smoke free are all important parts of healthy lifestyle. It offers leader and individuals the chance to access helpful healthy living information and resources.

www.summeractive.canoe.ca

in motion is a health promotion strategy with a focus on physical activity. Its vision is that all the citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The intent of **in motion** is to ingrain understanding and behaviour change into the culture and fabric of our community.

in motion's founding partners include:

- * City of Saskatoon
- * University of Saskatchewan
- * ParticipACTION.

The **in motion** strategy is centered around 6 targeted strategies including:

- * Children & Youth
- * Older Adult
- * Workplace Wellness
- * Health Care Professional Referral
- * Primary Prevention of Diabetes
- * Inactive Adults