

## NEWS RELEASE

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### **City partners with School District 68 to encourage physical activity for youth**

*HealthAmongUs 2014 kicks off May 12*

#### **Summary**

Close to 3000 Kindergarten to Grade 4 students in School District 68 will participate in the 11th annual HealthAmongUs event at Beban Park artificial turf fields, May 12-16. The event encourages physical activity through games and activities designed to keep kids moving, laughing, and developing the fundamentals of physical literacy.

*Strategic Link:* HealthAmongUs supports the Social Equity pillar of the City of Nanaimo's strategic plan by providing a low-barrier opportunity for children to experience non-competitive physical activity and improve their health and well being.

#### **Key Points**

- The event, a partnership between the City of Nanaimo and School District 68, will see close to 3000 students participate over 5 days.
- Activities have been designed to introduce children to the FUNdamentals of physical literacy, a key step in the Canadian Sport 4 Life/Long Term Athlete Development model.
- For the first time, the event will take place on the two artificial turf fields at Beban Park.

#### **Quotes**

"The week is about engaging kids in non-competitive, physical play, with the goal of encouraging healthy habits for life. "

Megan Lum  
Recreation Coordinator  
City of Nanaimo, Department of Parks, Recreation and Environment

#### **Quick Facts**

- The event is open to all students (kindergarten to grade 4) in School District 68.
- Close to 3000 students will participate over the five day event.
- The 2014 event will feature events such as an obstacle course, classic tug-of-war, and an Angry Bird themed station.

Continued... City partners with School District 68 to encourage physical activity for youth

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