

NEWS RELEASE

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15th Annual Healthamongus Event Gets Underway

Summary

The annual Healthamongus event gets underway today at the Beban Park artificial turf fields. This annual event, a partnership between the City of Nanaimo and the Nanaimo Ladysmith School District, aims to introduce fundamental movement skills (FMS) to children through fun, non-competitive activities and play. Kids will participate in a variety of activities such as dance, tug of war, bootcamp, and soccer, in addition to running an obstacle course set up by the RCMP! A healthy snack is included thanks to community sponsors, Save on Foods and Cobs Bread.

2018 marks the 15th year of Healthamongus, and will engage 3,000 children between Kindergarten and Grade 4 over the week. The event runs from 9:45am - 12:00 daily between Monday, May 14 and Friday, May 18.

Strategic Link: Healthamongus supports the Social Equity pillar by providing a low-cost recreation opportunity for students in Nanaimo.

Key Points

- The 15th annual Healthamongus event will engage 3,000 kids in fun, non-competitive physical activity while introducing fundamental movement skills (important to physical literacy).
- The event is a partnership between the City of Nanaimo and the Nanaimo Ladysmith School District.

Quotes

"We're excited to be hosting the Healthamongus event again this year. It's such a great way to get kids active and introduce the concept that exercise can be spontaneous, fun, and playful!"

Megan Lum
Recreation Coordinator
City of Nanaimo

Quick Facts

- Activities have been chosen to introduce fundamental movement skills, which are key to physical literacy. These skills include running, jumping, throwing, balance, agility, kicking, throwing and dribbling.

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