

## NEWS RELEASE

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### 16th 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 tug of war, silly soccer and real-life "Angry Birds", in addition to running an obstacle course set up by the RCMP! Healthy snacks are included as well, to reinforce the importance of good eating habits.

2019 marks the 16th year of Healthamongus, and will engage 3,000 children between Kindergarten and Grade 4 over the course of the week. The event runs from 9:45am - 12:00pm daily between Monday, May 13 and Friday, May 17.

The event coordinators would like to thank our sponsors (Coca-Cola and Save-On Foods) and partners (Nanaimo Ladysmith Public Schools, the RCMP and Hornby Organics) for their support of this event.

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

#### Key Points

- The 16th annual Healthamongus event will engage 3,000 kids in fun, non-competitive physical activities 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.
- The event organizers and participants would like to thank Save on Foods and Coca-Cola for their sponsorship of this event.

#### 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 designed 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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