

NEWS RELEASE

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Healthamongus event welcomes thousands of students to Harewood park this week

Taking place May 12 to 16

Summary

The annual Healthamongus event gets underway today at Harewood Centennial Park on the artificial turf fields. This event, a partnership between the City of Nanaimo and Nanaimo Ladysmith Public Schools, 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, soccer and relay races. A healthy snack is also included thanks to the community event sponsor, Country Grocer.

2025 marks the 18th year of Healthamongus and will engage 3,300 children between Kindergarten and Grade 5 over the course of the week. The event runs from 9:45 am until 12 pm daily between Monday, May 12 and Friday, May 16.

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

Key Points

- The 18th annual Healthamongus event will engage 3,300 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 Nanaimo Ladysmith Public Schools.
- The event organizers would like to thank Country Grocer for providing bananas and granola bars for the participants.

Quotes

"The City of Nanaimo, Department of Parks, Recreation and Culture, is happy to once again be hosting the Healthamongus event in partnership with Nanaimo Ladysmith Public Schools. This event is bigger and better than ever taking place on the artificial turf fields at Harewood Centennial Park. Healthamongus is a great way to get kids active and introduce the concept that exercise can be spontaneous, fun and playful!"

Damon Johnston
Manager, Recreation Services
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, balance, agility, kicking, throwing and dribbling.

Continued... Healthamongus event welcomes thousands of students to Harewood park this week

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<https://www.nanaimo.ca/NewsReleases/NR250512HealthamongusEventWelcomesThousandsOfStudentsToHarewoodParkTh>