



News Release

Sunshine Coast Residents Encouraged to “Move for Health”

Sechelt, BC – May 2, 2016 — May 10th is Move for Health Day and Sunshine Coast residents are being encouraged to get active. The Sunshine Coast Regional District (SCRD) is celebrating physical activity by offering a two-for-one drop in admission throughout the day and a variety of fun activities at its recreation facilities in Gibsons, Sechelt and Pender Harbour.

“Everyone can benefit from the many fun and low cost opportunities available on Move for Health Day,” says Reagan Lovig, SCRD Recreation Program Coordinator. “Not only will participants feel good after some physical activity, it will help them learn important skills for how to become more active in daily life and they will also have the opportunity to win a ten visit recreation pass.”

According to the Ministry of Health, in BC, 58% of youth aged 12-19, and 48% of children and youth aged 5-17 are not active enough for optimal growth and development. The level of physical activity required for optimal growth and development is equivalent to 60 minutes of physical activity throughout the day.

“Engaging in regular physical activity is a crucial part of maintaining good physical, mental and social health,” says Garry Nohr, SCRD Board Chair. “Move for Health Day is about promoting awareness of the importance of physical activity, not only on May 10 but throughout our lifetimes.”

Move for Health Day was designated by the World Health Organization in 2002 as a world-wide day of physical activity. The BC Recreation and Parks Association (BCRPA), with support from Healthy Families BC, has spearheaded the organization of this year’s Move for Health Day activities and encouraged municipalities across the province to get British Columbians moving.

Visit www.scrd.ca/Recreation or call 604-885-PLAY (7529) for more information.

- 30 -

For more information:

Reagan Lovig
Recreation Program Coordinator
Sunshine Coast Regional District
Tel.: 604-885-6800
Email: Reagan.Lovig@scrd.ca