

## Youth Access New Experiences in Port Hardy

Four youth in the Kwakiutl Youth Group in Port Hardy got together with the idea to get more active with their peers. They recruited some friends and developed a 10-week fitness plan. The group applied for a Sogo Active grant, which they used toward lift passes, rentals and lessons during a 3 day ski trip to Mount Washington.

The challenge was very successful. The kids worked out at least 3-4 times a week, and had a lot fun doing it. Even after the challenge was over many of the youth kept up with staying active and healthy. Out of the 13 youth that started out, 9 successfully completed the challenge and were rewarded with a 3 day ski/snowboarding trip. They hope to continue the challenge yearly to introduce it to more youth in the community.

Challenge the youth in your community to be active.  
Sogo Active can help fund a trip, activity or outing as  
a reward.

