



2013 Move For Health Day

Key Messages

The World Health Organization urges its member states to promote Move for Health Day annually to raise awareness of physical activity as essential to health and well-being.

May 10 is Move for Health Day in BC

- BCRPA and its partners encourage all BC residents to get active on or around May 10th for Move for Health Day.

Take the Move for Health Day Challenge

- Community involvement is a key component of Move for Health Day.
- Small or large. Formal or informal. Encourage communities, groups, schools, organizations and individuals in your area to come together to get active on Move for Health Day.
- When you register your event in any of the Move for Health Day challenges (such as a Community, Local Government, Walk to School or Super Splash Challenge) on the BCRPA website, you will be competing with groups similar in size and activities similar to yours from around the province to see which group has the highest participation levels in the province.
- May 10th is a good day to check physical activity levels and to encourage community members to get active on May 10th and stay active throughout the year.

About Move for Health Day

In May 2002 the World Health Organization created a global Move for Health Day to promote physical activity. In keeping with its mandate to create a high quality of life for all British Columbians, the BC Recreation and Parks Association (BCRPA), with support from Healthy Families BC, leads our province in promoting this global event and the benefits of healthy active living. On May 10th, British Columbians from all walks of life get involved in hundreds of activities hosted by their local parks & recreation departments, communities, schools and workplaces.



Contact:
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