



**In motion** is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health benefits and enjoyment. Our vision is to make Manitobans healthier by increasing physical activity in the province.

Most of us already know the importance of active living. Physical activity increases energy, reduces stress, strengthens the heart and lungs, and helps us reach and maintain a healthy body weight. The result is a better quality of life for people of all ages.

Yet less than half of all Manitobans get enough physical activity to gain those health benefits.

What's needed is the motivation to get ourselves and each other "in motion". That is why the provincial government has joined with community partners in the areas of physical activity, health, healthy living, recreation, sport, and education to raise activity levels and reduce barriers to physical activity.



**In motion** activities focus on families, children, youth, adults and older adults in the home, community, school and workplace settings.

**Communities in motion**

When a community registers as a **Community in motion**, it means its members and organizations are committed to working together and creating a supportive environment that encourages people to make physical activity a part of their daily lives. **In motion** encourages all parts of the community including local governments, health services, recreation services, schools, workplaces and neighborhoods to do their parts to increase physical activity opportunities for everyone.

Communities can receive training, consultation and resources.

Manitoba **in motion** Community Physical Activity Grants are available to help community partnerships plan and implement ways to increase physical activity among citizens of all ages.

**Healthy Schools in motion**

Healthy Schools **in motion** value physical activity and make sure it is a priority in the daily life of the school.

Schools can become "in motion" by working towards the goal of 30 minutes of physical activity every day for every student. This can be achieved through any combination of physical education, physical activity breaks, physical activity programs, and intramural and special events. Healthy Schools **in motion** receive resource materials, physical activity equipment and supplies to help get their school "in motion".



**Workplaces in motion**

Most of us spend half our waking hours at work...and our workplaces have a major impact on our health and well-being. Workplaces **in motion** value the many benefits of physical activity and encourage employees to build physical activity into their daily lives at work and at home.

Registered workplaces receive a number of resources to help them get started including a Workplaces **in motion** Resource Manual, a Workplaces Walking Workout Pedometer Kit, an Energizer DVD, access to Workplaces **in motion** Physical Activity Grants and training and consultation.

**Motivators in motion**

Motivators **in motion** are people in your community who believe in and promote the **in motion** message of regular physical activity for health and enjoyment. They are role models who build physical activity into their everyday lives. By doing so, they inspire others to be active too!

Does someone in your community inspire you to be active? Why not nominate them as a Motivator **in motion**? Motivators can be children, youth, adults, older adults, families or groups.

Nominators and Motivators **in motion** are recognized with **in motion** gift items.



**Moving Around Manitoba**

Moving Around Manitoba is an exciting initiative encouraging Manitobans to get "in motion" by increasing physical activity, making healthy eating choices, and supporting emotional well-being.

Collectively, Manitobans are tracking their physical activity on the Moving Around Manitoba website. Distance log sheets, physical activity trackers and food trackers are available on the website: [movingaroundmanitoba.ca](http://movingaroundmanitoba.ca)

**Get "in motion" today!**

Tools and resources are available to help individuals, families, communities, schools and workplaces plan and implement ways to get "in motion".

For more information:  
 Call 204-945-3648  
 Toll free in Manitoba 1-866-788-3648  
 Visit [www.manitobainmotion.ca](http://www.manitobainmotion.ca)

