



CITY OF
PRINCE GEORGE

MEDIA RELEASE

City of Prince George

1100 Patricia Boulevard, Prince George, BC V2L 3V9

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For Immediate Release

“Move for Health Day”

Prince George, BC- Monday May 10th, 2010 marks BC’s “Move for Health Day” that celebrates physical activity by bringing people in the community together and getting them moving.

Participate Prince George, the City’s active community committee, is looking to engage 5,000 people in a minimum of 15 minutes of physical activity. To accomplish this active goal, workplaces, schools, sporting organizations, and clubs are encouraged to plan an activity or event that supports their employees, students, participants and members in being active for 15 minutes or longer.

“Active living is important for all of us,” said Terri Stewart, Chair of Participate Prince George. “Engaging in physical activity builds strong bodies, healthy minds, self esteem, social skills, and community values.”

Several community partners have teamed up to provide the following free events throughout the day on May 10th.

- 9:00 AM – 4:00 PM Seniors Fitness Park Orientation – Located beside Masich Place Stadium
- 12:10 PM – 1:00 PM Downtown Noon Hour Walk – Meet at Veteran’s Plaza in front of City Hall
- 6:00 PM – 7:00 PM Walk in the Park – Meet at the Bandshell in Fort George Park
- 6:30 PM – 8:30 PM Public Swim at the Prince George Aquatic Centre
- 7:00 PM – 8:00 PM Yoga Fitness – Prince George Family YMCA

Move for Health Day events bring people together in a spirit of fun, inclusivity, and support of healthy active living. The last four years have seen a steady increase in participation in Move for Health Day throughout British Columbia. In 2006, there were 35,000 recorded participants; in 2007, 56,000; in 2008, 68,000; and in 2009, 78,391 people participated in over 200 events in every corner of the province.

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