

MEDIA RELEASE

Healthy Kids Community Challenge Leeds and Grenville Promotes Run. Jump. Play. Every Day.



The Healthy Kids Community Challenge Leeds and Grenville is eager to roll out the first Healthy Kids Community Challenge theme Run. Jump. Play. Every Day. Three key initiatives are being planned across Leeds and Grenville to support healthy active living for children.

Being active every day is very important for all children. There are many physical and emotional benefits of being active every day. Being active doesn't have to mean planned activities or structured exercise. Just open the door and go outside! Children are active by nature and we need to encourage this natural urge to Run. Jump. Play. Every Day.

The Healthy Kids Community Challenge (HKCC) Leeds and Grenville Community Project Fund has been designed to engage communities to help create supportive environments for children to be active. Grants of up to \$10,000 are available to community groups for innovative projects that promote physical activity and create supportive environments for children 0-12 years. Proposals for this funding are due on January 22, 2016.

Recognizing the significant amount of time children spend in school, the second initiative will be a school-wide physical activity challenge. This fun and unique challenge will encourage schools across Leeds and Grenville to get creative and engage in a friendly physical activity competition, using technology such as videos and social media to showcase and celebrate their physical activity challenge. Look for more information on this in the spring.

To help inform future activities, programs and policies for children, Healthy Kids Community Challenge Leeds and Grenville would like to hear from you! Residents of Leeds Grenville communities are encouraged to complete a brief online survey to help the local Steering Committee plan for future healthy living initiatives.

To complete the survey and/or apply to The Healthy Kids Community Challenge Leeds and Grenville Community Project Fund, visit www.healthykidsg.ca.

Leeds and Grenville is one of 45 communities across Ontario taking part in The Healthy Kids Community Challenge (HKCC). The Healthy Kids Community Challenge unites communities with a common goal of promoting children's health through physical activity and healthy eating. Healthy Kids Community Challenge Leeds and Grenville Steering Committee membership includes regional partners in health, education, recreation, private and non-profit sectors.

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