

## **News Release**

## The Government of Nunavut agrees that healthy habits must start early

**IQALUIT, Nunavut (April 27, 2010)** – The Department of Culture, Language, Elders and Youth supports the 2010 Report Card on Physical Activity for Children and Youth, released today by Active Healthy Kids Canada and its strategic partners, ParticipACTION and the Children's Hospital of Eastern Ontario (CHEO) Research Institute – Healthy Active Living and Obesity Research Group (HALO).

"It is important to adopt healthy lifestyle patterns early in life," said the Honorable Tagak Curley, Acting Minister of the Department of Culture, Language, Elders and Youth. "It is also equally important to collect valuable data and monitor the impact of physical activity in advancing health, social and economic policy."

According to the Report Card, Canadian children five and younger are dangerously physically inactive. Healthy habits must start young, as lifestyle patterns set in the early years predict obesity and health outcomes in later childhood, and even through adulthood.

The sixth annual Report Card includes physical activity trends across each province and territory. It reveals that less than half of Canadian children under five are getting regular physical activity as part of their daily routines. Although international recommendations vary, children between the ages of one and five should participate in at least two hours of physical activity each day, accumulated over many sessions through play, games, active transportation and recreation.

The Report Card is in line with the Government of Nunavut Sport and Recreation Divisions providing strategies through its Grants and Contributions Programs, the Afterschool Physical Activity Program, SportFit and the new Education Act, which are all aimed at increasing opportunities for Nunavummiut to be physically active.

The Sport and Recreation Division of the Department of Culture Language, Elders and Youth is responsible for the promotion, development and delivery of sport, recreation and physical activity opportunities for all Nunavummiut.

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