



## NEWS RELEASE

### North Cariboo tops Central Cariboo in Move for Health Day

More than 6,100 people get out and take part in a wide range of activities

#### FOR IMMEDIATE RELEASE

May 11, 2009

**QUESNEL, B.C.** – North Cariboo residents were exceptionally active Saturday, with 6,124 people registering at least 10 minutes of activity on Move for Health Day. More than 25 different free activities promoting activity, fun, and improved health were offered, including a “try it out” afternoon at West Fraser Timber Park and a Bike Swap/Free Bike Repair event at Helen Dixon. The North reclaimed the title of most active community after 4,787 people registered in the Central Cariboo.

“I am thrilled with how this challenge was embraced by our communities,” said Cariboo Regional District vice-chair and Area A Director Ted Armstrong. “Through the Move For Health Day Challenge, we are raising awareness about the importance of living active and healthy lifestyles, which helps to build strong, vibrant, and active communities.”

“What really counts is that more than 10,800 people across the North and Central Cariboo got out, were active, and lead healthier lifestyles,” added Mayor Mary Sjostrom. “With so many great parks to visit, and so many events to take part in, it’s no wonder our residents rose to the challenge. On behalf of Council, thanks to the many volunteers, businesses and staff who helped support all the events.”

The “try it out” event was hosted by Leisure Services and funded by the Cariboo Regional District and the City of Quesnel. It featured 22 different community organizations and instructors sharing enthusiasm and the basics about their activity with the public. Some 30 bikes were sold in the bike swap, with 32 repaired at no charge.

There were a number of challenges within the community as well. Eight elementary schools reported 100% activity on May 8, school challenge day. The North Cariboo Christian School won by luck of the draw. Correlieu Secondary School reported 84% activity for the senior school challenge. Both schools will receive 2-for-1 passes to the Arts and Recreation Centre for each student.

Local businesses also got involved. Willis Harper Home Hardware won the small employers (15 or fewer employees) category. In the medium employers (16-99 employees) category, the Royal Bank took home the prize. Finally, Community in Care was the most active large employer (100 or more employees). Each business will have its name added to a plaque that is handed out annually to winners in this challenge.

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*This release is available at [www.city.quesnel.bc.ca](http://www.city.quesnel.bc.ca) and at [www.cariboord.bc.ca](http://www.cariboord.bc.ca)*

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