



FOR RELEASE  
February 19, 2013

## **Government of Yukon program promotes active living**

WHITEHORSE— A \$250,000 annual investment into active living programs will boost physical activity levels among Yukoners of all ages and help combat rising rates of childhood obesity, Community Services Minister Elaine Taylor announced.

"We know that kids are not playing as much as they did years ago and activity levels are dropping," Taylor said. "This funding commitment in support of the Renewed Yukon Active Living Strategy maximizes opportunities for children and youth to be active in all communities and represents an investment into the health, wellbeing and quality of life of all Yukoners."

Renewed Yukon Active Living Strategy (RYALS) is a Yukon-wide initiative designed to support active living and goes to support a variety of programs for individuals, schools, and workplaces.

"Physical inactivity and poor eating habits are contributing to reduced life expectancy for our children, and increased incidence of chronic conditions among Canadians of all ages," Health and Social Services Minister Doug Graham said. "By taking action now and encouraging healthy, active living we can reverse this trend, help reduce health-care costs, and improve our citizens' well-being."

The Department of Community Services' Sport and Recreation branch is responsible for managing RYALS, which is one of the government's healthy living initiatives.

In step with this strategy, the Health and Social Services department launched its Social Inclusion and Poverty Reduction Strategy and its Pathways to Wellness initiative. Together these programs share resources to increase access to sport and recreation, healthy living, healthy eating and a higher quality of life.

"Active living programs contribute so much to the quality of life of Yukoners wherever they live in our great territory," Anne Morgan of the Recreation and Parks Association of Yukon (RPAY) said. "With our local partners, RPAY delivers healthy, active living programs across the territory and together we are making a difference."

Active living is an important part of the Government of Yukon's commitment to building vibrant, healthy and sustainable communities. The renewed funding investment is subject to legislative approval in the 2013/14 budget.

For more information visit [www.community.gov.yk.ca](http://www.community.gov.yk.ca).

-30-

### **Contact:**

Matthew Grant  
Cabinet Communications  
867-393-6470  
[matthew.grant@gov.yk.ca](mailto:matthew.grant@gov.yk.ca)

Mac Hislop  
Communications, Community Services  
867-393-7461  
[mac.hislop@gov.yk.ca](mailto:mac.hislop@gov.yk.ca)