



Government of Yukon

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NEWS release

FOR RELEASE #09-012
February 3, 2009

Government Helps Polar Games Celebrate 40 Years

WHITEHORSE – Health and Social Services is helping to celebrate the 40th anniversary of the Polar Games by promoting healthy eating and active living to students, Minister Glenn Hart announced today. The healthy eating initiative Eat Right, Play Hard encourages students to make healthier food choices during and after the Games.

Polar Games is an annual event where Yukon children in Grades Five and Six meet in Whitehorse to participate in a number of sporting events such as floor hockey, bowling, curling and beach volleyball. The event is non-competitive and promotes sportsmanship and teamwork.

As part of Eat Right, Play Hard the department will provide each participant with a sports bag containing information on healthy eating and how eating healthier can lead to better performance in athletics and in school. Each day of the event, a free healthy food item is available for students from participating schools' concessions.

"We have been working together with Polar Games organizers and teachers to provide students with information on the importance of healthy eating," Hart said. "Linking healthy eating to the Polar Games is a fun way to engage the students and provide them with some healthy eating opportunities."

More than 700 students will participate in the Polar Games on February 6 and 7.

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