

20% Physical Activity Challenge

WHEREAS:

1. The Province of British Columbia has committed to increasing physical activity levels in BC by 20% by 2010 and 2010 LegaciesNow is encouraging all municipalities to become Active Communities and accept the 20 by 2010 challenge for their citizens and employees.
2. Obesity levels amongst our youth are becoming alarmingly high, adult obesity rates have increased by more than 2.5 times in the past decades and increased physical activity can significantly reduce the risk of many illnesses such as breast cancer, heart disease, strokes and Type 2 Diabetes.
3. *{City, Municipality, Town, Region}* has developed an action plan to increase physical activity for our youth, and is committed to making employees more active.
4. The benefits of increased physical activity can lead to a more productive and healthier citizenry and work force as confirmed by the Canadian Medical Association's challenge to all provincial jurisdictions to increase physical activity by at least 10% by 2010.

THEREFORE BE IT RESOLVED THAT the *{City, Municipality, Town, Region}* join the 20% Physical Activity Challenge and work with the Provincial Government and 2010 LegaciesNow to help meet the target of increasing physical activity amongst its citizens and employees by 20% by 2010.