

Ready, set, get...



The Greater Fredericton Region is excited to announce that it has been chosen by the Healthy Eating Physical Activity Coalition of New Brunswick (HEPAC) as an *in motion* demonstration site.

Over the next year watch out for exciting programs, initiatives and events under the *in motion* physical activity health promotion strategy banner, brought to you by the members of the Greater Fredericton Region's Network for Healthy Living.

Together, the Greater Fredericton Region is committed to building communities that support healthy and physically active lifestyles.

Get Ready for *in motion*

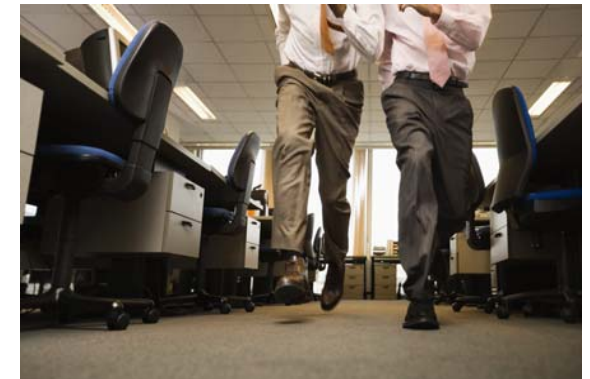
programs and events for children and youth brought to you by the Network for Healthy Living Partners:

- School District 18
- School District 1
- UNB
- City of Fredericton
- YMCA
- Horizon Health Network
- Village of New Maryland

To become involved with *in motion* at your child's school contact: inmotion@fredericton.ca.

Get Ready for *in motion* programs and events for local workplaces brought to you by the Network for Healthy Living Partners:

- Centre Communautaire Ste-Anne
- University of New Brunswick
- City of Fredericton
- NB Power
- Government of New Brunswick Workplace Wellness



To bring *in motion* workplace wellness initiatives to your workplace contact: inmotion@fredericton.ca

Get Ready for the Take H.E.A.R.T. (Healthy Eating & Active Recreation Today) program, supported by *in motion*. Take H.E.A.R.T. is a healthy eating and physical activity program brought to you by the Network for Healthy Living Partners:

- Horizon Health Network
- UNB
- City of Fredericton
- Department of Wellness, Culture and Sport



To learn more about Take H.E.A.R.T. contact: inmotion@fredericton.ca

In motion is an evidence-based health promotion strategy which uses physical activity and healthy eating as a means to improving the health of New Brunswick communities. *In motion* has four key components:

- building partnerships
- increasing community awareness
- developing strategies for target areas
- measuring success

For more information on *in motion* in New Brunswick, visit www.hepac.ca

