

MEDIA RELEASE

Newcomers to Saskatchewan Lead in Physical Activity

Monday, October 1, 2018 - A new survey published by the Saskatchewan Parks and Recreation Association (SPRA) and conducted by Inshtrix Research has found, out of a random sample of 805 people over the age of 18, people who moved to Canada in the last five years are the most physically active demographic in Saskatchewan. 46% of newcomers to Canada reported they receive the Government of Canada's recommended 2 ½ hours of physical activity per week, and 31% are more active than the recommended amount.

"Newcomers to Canada are engaging in healthy, active lifestyles, and enjoying Saskatchewan's parks and recreation opportunities," said Todd Shafer, Chief Executive Officer of SPRA. "Recreation providers in Saskatchewan are working to offer more inclusive and accessible recreation programs and services in their communities, and their success is reflected in the survey data."

Saskatchewan people are making an effort to be more physically active. 67% of people surveyed said they made an effort to be more active in the last year, including 77% of newcomers, 69% of Indigenous people, 69% of LGBTQ people and 64% of persons living with a disability. In total, 73% of all respondents to the survey described themselves as somewhat or very active, an increase from 63% in 2017.

The survey found 19% of people in Saskatchewan receive the recommended amount of physical activity, and 23% achieve more than the recommended amount. However, 58% of those surveyed in the province are less active than recommended. "SPRA and our members and partners are working to develop a culture of active living in Saskatchewan, and that's what we're going to keep doing to ensure more people get the recommended amount of physical activity," said Shafer.

For more information, read the full survey: <http://spra.sk.ca/publications/surveying-the-field-2018/>

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For more information:

Christian Bates-Hardy, Communications Consultant
Saskatchewan Parks and Recreation Association

Phone: (306) 780-9268 | **Email:** cbates-hardy@spra.sk.ca



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SPRA is the recognized leader for the wellbeing of people and communities through recreation. We provide leadership, facilitation, programs and services to enhance the impact of recreation for the quality of life in Saskatchewan.

100-1445 Park Street, Regina, SK S4N 4C5 • Phone: 306.780.9231 • Toll Free: 1.800.563.2555 • Fax: 306.780.9257 • spra.sk.ca

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