



Get Caught In Motion Summer Program

Target Risk Factor:

Physical Activity

Target Population:

All age groups

Project Lead:

Fran Labarre

Community:

Flin Flon, Creighton

RHA:

NOR-MAN

Project Partners:

n/a

Project Details:

Single event

Description:

Summer program promoting awareness of physical activity in community. The *In Motion* committee looks for people who are participating in any physical activity and awards prizes, while residents are encouraged to nominate themselves or others to win a prize.

Time:

June 14 – August 13

Objectives:

To promote awareness of other people exercising on a daily basis and increase public participation in physical activities.

Results:

Last year we had 2500 ballots in the draw box.

What worked:

People like the simplicity of the project. They only have to phone in a name and phone number. Usually they say what they saw the person participating in, such as dog walking and golfing. This is our 4th year with this event. It always follows "hike or bike to work week" in June.

Unexpected Outcomes:

People do ask in the spring if that "get caught in motion" is going to be held this summer so they are quite aware of the event.

Resources**Volunteers:**

In Motion committee of 8 people volunteer to go out and "catch people in motion."

Facilities:

none

Equipment:

none

Total Costs:

\$1200 for prizes plus advertising on radio and newspaper (*In Motion* grant)

Materials developed for program:

[Poster](#)

Contact Information:

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