



Moving and Choosing

Working together to create healthy, happy, active communities

Vision and Mission

We envision a community where children and youth thrive leading healthy, happy and active lives

Our mission is to work with others to foster healthy environments and promote healthy eating, active living and positive well-being in Southeast Alberta

Why Get Involved

- Build and strengthen relationships with like-minded community members
- Increase capacity by working together and sharing resources to achieve goals
 - Direct access to health professionals and wellness experts
 - Promote your organization as a leader in the wellbeing of our community
- Access to local information on issues, gaps and progress
- Opportunities to attend professional development activities
 - Access to funding to support initiatives



How to Get Involved:

Affiliate your existing initiative with Moving and Choosing
Join a current Moving and Choosing committee or initiative:

Committee Activities:

- Support collaborative action and impact
- Engage school jurisdictions in promoting school health
- Acquire funding to support school health initiatives
- Connect community members to facilitate collective action
- Contribute to sharing of resources and promising practices

Initiatives:

- Winter Walk Day and Walk & Wheel Week
- Physical Literacy and You (PLAY) Partnerships
- Rattler Run
- Nourishing our Future - school healthy food programs
- Building Health Literacy - high school wellness project
- Health Initiative Teams - school student lead wellness projects
- School Health Champion Events

Contact Us:

Website: www.movingandchoosing.com

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