

NEWS RELEASE

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Annual Healthamongus event is back

Summary

After a four-year hiatus, the annual Healthamongus event gets underway today at Harewood Centennial Park on the new artificial turf fields. This event, a partnership between the City of Nanaimo and the Nanaimo Ladysmith School District, aims to introduce fundamental movement skills (FMS) to children through fun, non-competitive activities and play. Kids will participate in a variety of activities, such as tug-of-war, soccer, relay races and an activity station run by the Nanaimo Night Owls. A healthy snack is also included thanks to the community event sponsor, Country Grocer.

2024 marks the 17th year of Healthamongus and will engage 3,000 children between Kindergarten and Grade 5 over the course of the week. The event runs from 9:45 am until 12 pm daily between Monday, May 13 and Friday, May 17.

Strategic Link: Healthamongus supports the Livability pillar by providing a low-cost recreation opportunity for students in Nanaimo.

Key Points

- The 17th annual Healthamongus event will engage 3,000 kids in fun, non-competitive physical activities while introducing fundamental movement skills (important to physical literacy).
- The event is a partnership between the City of Nanaimo and the Nanaimo Ladysmith School District.
- The event organizers and participants would like to thank Country Grocers and the Nanaimo Night Owls for their participation.

Quotes

"The City of Nanaimo, Department of Parks, Recreation and Culture, is happy to once again be hosting the Healthamongus event in partnership with Nanaimo Ladysmith Public Schools. After a four-year hiatus, this event is bigger and better than ever taking place on the newly opened artificial turf fields at Harewood Centennial Park. Healthamongus is a great way to get kids active and introduce the concept that exercise can be spontaneous, fun and playful!"

Leonard Krog
Mayor
City of Nanaimo

Quick Facts

- Activities have been designed to introduce fundamental movement skills, which are key to physical literacy. These skills include running, jumping, balance, agility, kicking, throwing and dribbling.

Continued... Annual Healthamongus event is back

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