



# Hey Girls!

Here's A New Physical Activity Initiative  
For Youth Aged 13-19 Called...

## SOGO Active

**Co-Hosted  
By:**

**Recreation Nova Scotia & Sport Nova Scotia**

**What:** SOGO Active is a new national physical activity initiative presented by ParticipACTION and funded by Coca Cola Canada aimed at increasing the physical activity levels of youth aged 13-19.

**Who:** This program is co-hosted in Nova Scotia by Recreation Nova Scotia and Sport Nova Scotia. Anyone aged 13-19 can take part in this initiative.

**How:** Youth can report their physical activity levels online [www.sogoactive.com](http://www.sogoactive.com), and every week they increase their physical activity they get entered into a draw to win a torchbearer spot for the 2010 Vancouver Olympic Torch Run (Over 1000 spots to win across the country). Girl Guide Units can also apply for grants (Up to \$500) to assist with the creation of new physical activity programs with the assistance of a community hosts (Girl Guides of Nova Scotia is a Community Host - [youth@girlguides.ns.ca](mailto:youth@girlguides.ns.ca)).

**When:** Youth registration is now open. All torchbearer spots will be chosen by May 31st, 2009 so the faster the youth register, the more opportunities they have to win a torchbearer spot! Grant funding applications will be accepted starting in February 2009.

### Top reasons why youth would want to be involved in SOGO Active include:

- Create/try a new activity
- Meet and play with new friends
- Help their communities get funding for programming or equipment
- A chance to be a part of history and carry the Olympic flame
- Participate in something they enjoy
- Opportunity to become a mentor to inactive youth
- Opportunity to develop programming that interests youth
- Increase Physical Activity and Health

Contact the Provincial SOGO Active Coordinator For More Details  
Andrew Harding at 425-1128 or [aharding@recreationns.ns.ca](mailto:aharding@recreationns.ns.ca)



HEALTHIER FUTURES through RECREATION

