

## **ParticipACTION encourages you to bring out your sporty side.**

By Katherine Janson, ParticipACTION

As Canadians, we tend to think of ourselves as a nation of sports fans. We paint our faces and rally around our favourite teams, but research shows that we're actually participating in sport less and less ourselves. Over the past two decades, sport participation rates in Canadians over 15 dropped from 45 per cent to 28 per cent.

If you're not active in sport yourself, you are missing out on a whole lot of benefits—and fun! According to *What Sport Can Do: The True Sport Report*, sport can positively influence a whole range of societal goals, including child and youth development, crime prevention and economic sustainability.

“Sport is a great way to work more physical activity into our lives, and it can also be a powerful and positive influence in our communities,” says Kelly Murumets, President and CEO of ParticipACTION, the national voice of physical activity and sport participation in Canada.

Sport offers a fun and relaxing way to get moderate to vigorous physical activity on a regular basis. And whether it's playing a weekly game of hockey, teaching your kids to throw and catch at the park or signing up for a local baseball league, sport can also help you make friends and build relationships that support your mental and emotional health.

With over 30,000 sport and recreation organizations in Canada, there are plenty of programs to choose from, geared to every level of athlete.

“We want every Canadian to find a way to build more sport and physical activity into their lives,” says Murumets. “If you start with activities you enjoy, you can build your way up to a healthier, more active lifestyle, and our whole society will benefit.”

Content provided by ParticipACTION. For tips and inspiration on getting more movement into your life, visit [www.participACTION.com](http://www.participACTION.com)

