



FOR IMMEDIATE RELEASE

## QUÉBEC SPORTS AND PHYSICAL ACTIVITY DAY – MAY 6, 2010

**Kuuujuaq, May 4, 2010** – The Nunavik Regional Board of Health and Social Services (NRBHSS) is pleased to support the **Québec Sports and Physical Activity Day** scheduled for **May 6, 2010**.

For that day, the NRBHSS encourages all Nunavik organizations to set up means to create an environment that motivates their employees and clientele to become physically active, for example by sending internal memos or proposing healthy breaks that involve a 10-minute walk. All initiatives will be appreciated, no matter their scope. We invite you to share by e-mail the actions undertaken in your organizations.

Did you know:

- ★ physical activity has a positive effect on mood and concentration?
- ★ an active lifestyle reduces the risk of diseases such as diabetes and cardiovascular disease?
- ★ keeping active everyday helps control weight?
- ★ regular exercise helps you deal with stress more efficiently?

“It is with great pleasure that we invite you to engage in physical activity on May 6 and to adopt the habit of exercise throughout the year,” announced Dr. Serge Déry, Director of Public Health for Nunavik.

For any questions related to physical activity, please contact Véronique Dion Roy by e-mail at [veronique.dion-roy@ssss.gouv.qc.ca](mailto:veronique.dion-roy@ssss.gouv.qc.ca).

The Québec Sports and Physical Activity Day is an initiative of the *ministère de l'Éducation, du Loisir et du Sport of Québec*.

Jump into action!

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