**PHYSICAL ACTIVITY**

**Move More:**
10% reduction in the prevalence of physical inactivity for UBC community members by 2025

**Diverse Community, Diverse Programming:**
10% increase in UBC community members’ satisfaction with recreation facilities and programs by 2025

1,000+ community members participated in physical activity programs during Move UBC.

71% of survey respondents discovered new ways to be active, with 64% planning on continuing to move more.

**UBC Recreation, School of Kinesiology, and UBC Wellbeing** partnered to facilitate a student-led fitness testing pilot with the School of Music and Thunderbird Sports Clubs.

Physical Activity Framework developed to guide recreational programming at UBC Okanagan.

HR, Human Kinetics and UBCO Recreation teamed up to offer Healthy Measures Fitness Testing and Ergo Your Office to staff and faculty at UBC Okanagan.

UBC Recreation, Health Promotion and Education, the Faculty of Arts, School of Kinesiology, and Faculty of Education partnered to assess the impact of movement breaks in the classroom. A Physical Activity Toolkit was created for educators to embed movement into their learning environments.

Move UBC Research Roundtable brought together faculty members from 7 disciplines to share and discuss their research with the community.

Read the full annual report at wellbeing.ubc.ca/annualreport19-20