

PHYSICAL ACTIVITY



Move More:

10% reduction in the prevalence of physical inactivity for UBC community members by 2025



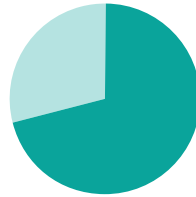
Diverse Community, Diverse Programming:

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**.

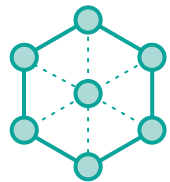


71%

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.

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.



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.



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