



## **PRESS RELEASE**

January 25, 2021

### **Celebrating Physical Literacy Month**

Once again, the Fort Saskatchewan Public Library is dedicating the month of February to raise awareness of the importance of physical literacy by offering a variety of fun activities and programs to motivate everyone to stay fit and be active.

The Library has partnered with Families First Society to provide a fun and simple challenge for families and individuals to be physically active. Starting February 1st, everyone can pick up a Fitness Passport from the Library using curbside pickup (or go online) and complete five physical activities. All completed passports will have entry to win some cool prizes from Active for Life, GoodLife Fitness, Pure Yoga Studio, DOW Centennial Centre, and the City of Fort Saskatchewan.

“We are encouraging everyone to get outside and enjoy the outdoors. Skate or toboggan at West River’s Edge or go for a walk on one of the many trails in the city,” comments Library Director, Michele Fedyk.

“Physical activity is so beneficial for not only for our physical body but our mental well-being,” adds Fedyk.

On February 1, Mayor Gale Katchur will virtually proclaim Physical Literacy Month on the library’s social media platforms.

Check out the Library’s “What’s On?” program guide at [www.fspl.ca](http://www.fspl.ca) for some fun physical activities to do during the month of February including a storywalk.

Fort Saskatchewan Public Library, located on 10011- 102 Street, provides and promotes resources, services and programs to meet community needs for leisure, study and information in an environment that is welcoming and supportive.

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#### **For more information:**

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