

## MEMBER STATEMENT—JULIE GREEN, MLA YELLOWKNIFE CENTRE

### 'WALK TO TUK' FITNESS CHALLENGE

March 3, 2017

**MS. GREEN:** Mahsi, Mr. Speaker. Mr. Speaker, I rise today to congratulate everyone who just finished the Walk to Tuk this winter, along with the organizers of the event, the NWT Recreation and Parks Association.

The Walk to Tuk, as you probably know, is the largest, longest, and most effective physical activity event undertaken each year in the NWT. Teams of course do not literally walk to Tuktoyaktuk, but rather walk to work, walk the dog, jog, ski, snowshoe, or walk on a track. Teams left Fort Providence on January 3<sup>rd</sup>, setting out on the 1,658 kilometre journey to the Arctic Coast and together 3,600 people walked almost 200,000 kilometres.

---Applause

I know, amazing. As I mentioned, the Walk to Tuk is managed by the NWT Recreation and Parks and organizers reported that there were 257 teams this year from 29 communities. The total participation rate, at just over 3,600 people, is up by a 1,000 participants from last year and represents almost 10 per cent of the NWT population. On average, each Walk to Tuk participant put in 320 minutes of weekly exercise, more than doubling the Canadian Physical Activity Guidelines.

Members of the Legislative Assembly took part again this year. Our team was 14 Members strong, and included both Regular Members and Cabinet Ministers. We started slowly but built up quickly, together walking almost 25,000 minutes and we got to Tuktoyaktuk on time. Thanks to the Honourable Member for Nahendeh who once again outwalked us all, accounting for 15 per cent of our total.

The Walk to Tuk is a brilliant way to encourage all of us to stay active in these cold months. To equal such an outstanding rate of participation in other parts of Canada, Ontario would need to get 1.4 million of its citizens signed up, or 900,000 people in Quebec.

So let us celebrate. Participants in Yellowknife are invited to pick up their T-shirts and enjoy some refreshments today from 11:00 a.m. until 2:00 p.m. at the Greenstone Building. Lastly, I want to congratulate all the teams who participated in the program this year, and encourage them to keep on walking. Mahsi, Mr. Speaker.