



Lace up. Join us!

Sogo Active is a national physical activity program that empowers youth, aged 13-19, to challenge themselves to solve the physical inactivity crisis in Canada. **Sogo Active** is presented by **Coca-Cola Canada** in collaboration with **ParticipACTION**, and gives young Canadians the support and resources they need to get active in their own communities.

When youth sign up at www.sogoactive.com they can search for ongoing physical activity **Challenges** and **one-time events** in their neighbourhoods, or accept **Cross-Canada Challenges** to get active on their own time, or with friends. Plus, they can create their own **Challenges**—and invite others to join them.

Are you with an organization, big or small, that can support youth in getting more active? Get involved and host a **Challenge!** Becoming a Community Host is free, and we'll support you with a welcome kit, ideas and access to micro grants up to \$500.

Sogo Active can increase your organization's profile among youth, draw young people to your new or existing programs and help you build active leaders in your community.

Sogo Active is delivered by a network of Provincial and Territorial Coordinators, and over a thousand local Community Host organizations.

Join the team at www.sogoactive.com.

Together, we can create a movement!

Somebody's gotta get Canada's youth moving!

Is your organization up to the challenge?

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