



**CHILDHOOD OBESITY RATES HAVE TRIPLED
OVER THE PAST 25 YEARS**

Ontario has a choice of two tomorrows for our children.

One is the tomorrow we are heading towards right now.

Where we will all continue to sacrifice our health to the expectations
and way of life we have accepted as a society.

Where our desires to raise active, healthy kids will be forever denied.
Where we will accept that inactive children and childhood obesity are the norm.

Where chronic illnesses will multiply.

Where health costs will escalate and families will struggle under the pressure.
Because the way we are all living will continue to get in the way of living well.

That is one tomorrow.

The other tomorrow is a new and bright Ontario that we will create together.
It will be a thriving community where health will flourish and children will be active and healthy.

Where we will have sparked a collective change in the way we live our lives
as individuals, families and communities.

Where we will have ignited new possibilities for active, healthier living.

It is a tomorrow that we must all play a part in creating.

Because the more sparks we ignite, the brighter the world will be for all Ontario's children.

The choice is ours.

The time to act is now.



Which tomorrow shall we choose?

Say **YES** to Spark Together for Healthy Kids at

heartandstroke.ca/spark

SPARK CHAMPIONS:



SPARK SUPPORTING PARTNERS:

Active Healthy Kids Canada
Association of Local Public Health Agencies
Asthma Society of Canada
Boys and Girls Clubs of Ontario
Breakfast for Learning
Canadian Diabetes Association
Champlain Cardiovascular Disease Prevention Network
Dietitians of Canada
Health Nexus
Ontario College of Family Physicians
Ontario Physical and Health Education Association

Ontario Professional Planners Institute
Ontario Public Health Association
Parks and Recreation Ontario
ParticipACTION
People for Education
Today's Parent
Waterfront Regeneration Trust
YMCA



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