



Helping Islanders Get Active and Stay Healthy

www.recreationpei.ca

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go! PEI Impacts Health of Islanders



go!PEI has impacted PEI's health by encouraging communities to select physical activity and healthy eating programs.

Islanders have taken:

- go 101 courses
- L2R learn to run
- Walk/Hike/Snowshoe
- Healthy Cooking Class
- Veggie Box
- Healthy Canteens
- Public Education
- Breakfast Challenge

Communities or regions have taken up the challenge of getting healthier.

Borden-Carleton Cornwall
Charlottetown South Shore
Eastern Kings SC Morell
Grand Tracadie Gulf Shore
Hunter River Kensington
Montague Stratford
Murray Harbour Summerside
West Prince SC

Programs ran in 30 centres.

Close to 10,000 people have participated in these pro-

grams, ranging in age from 16 to 75+.

In addition, working in partnership with Healthy Eating Alliance and the Egg Farmers of PEI, go!PEI's **Breakfast Challenge** attracted 135 teams and over 1500 participants in the challenge to eat breakfast daily for a week. The challenge was promoted by radio, facebook, twitter and the go!PEI website.

go!PEI is now into its 2012 Winter Active. Communities from tip to tip of PEI are hosting 20 plus **'Try Snowshoeing'** events. The events are supplying snowshoes for people to use.

The **'Snowman Challenge'** is runs from January 1 to March 9th. Families, work-

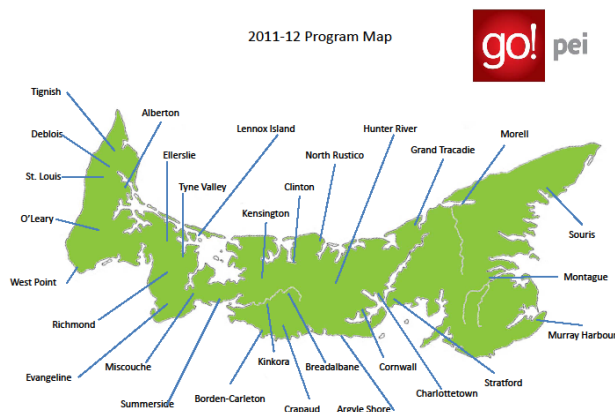
places, schools, groups of friends or hockey day in Canada are the categories for the contest. Participants make their snowman and then email their photo or video to go!PEI to enter. Check out all details at www.gopei.ca

All go!PEI events help islanders to get up and get moving. It focuses on simple activities that help people move to prevent or lessen the impact of conditions such as diabetes, knee arthritis, Alzheimer's, anxiety, depression and fatigue.

To better understand the #1 best medicine, watch Dr Mike Evan's UTube video.

<http://www.youtube.com/watch?v=aUaInS6HIGo&sns=em>

2011-12 Program Map



Board of Directors

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go!PEI Coordinator	Laura MacPherson
Government Rep	Francois Caron



Health and Wellness

Recreation PEI Helps Communities Improve Quality Leadership



The “High Five” Accreditation process provides a systematic way to measure and improve program and service delivery.

The program has a five level accreditation process that focuses on

- training and development
- Program assessments

- Policies and procedures
- Awareness

The modules are delivered through Recreation PEI and the modules include:

- Principles in Healthy Child Development
- High Five Sport—creating Positive Experiences in Sport

And coming soon!!

- **Healthy Minds for Healthy Children**

Any PEI organization that provides recreation or sport for 6-12 year old children is eligible to become a High Five Registered organization. They can contact Recreation PEI at **902-892-6445**

ACCREDITATION LEVELS

- **QUALITY ASSURANCE**
Level 5
- **QUALITY ACCOUNTABILITY**
Level 4 (85% staff trained)
- **QUALITY IMPROVEMENT**
Level 3 (60% staff trained)
- **QUALITY AWARENESS**
Level 2 (30% staff trained)
- **QUALITY AWARENESS**
Level 1

HIGH FIVE® is aligned with the [Canadian Sport for Life\(CS4L\) model](#)

Enhance Your Starting or Restarting Fitness Guidelines



Participant Guidelines:

Regular physical activity is fun and healthy, and increasingly more people are starting to be active every day. Adding activity to your life-

style is safe for most people. It means starting slowly and gradually increasing the length of time and intensity of your activity. Be patient and have fun.

If you are unsure if you are ready for physical activity, get the OK from your doctor and start with something as simple as walking. Talk with an activity director or take a go!PEI 101 course to help you develop a program that fits you, establish a good routine and enjoy the increased feeling of well being.

Facility and Program Guidelines:

When a new person comes into your facility to take part in any of your exercise programs or classes, ensure they complete a **Par Q** (www.csep.ca) to determine if they have any conditions that require more attention. If a new person answer YES to any of the questions on the PAR Q, they should check with their doctor and use a PARmed -X which notes cautions before the start to be physically active. These forms are available on line and can be printed off. There also is a PARmedX for pregnancy.

Workshops coming up—for more information contact Recreation PEI 892-6445

- **“The Perfect Storm” Winter Workshop. Rodd Charlottetown Hotel. Wednesday, February 15**
- **HIGH FIVE® Sport Course. Royalty Centre, Charlottetown. Wednesday, March 7, 5:30 pm.**

SOGO and Jump Start Financial Assistance for Participants



The ParticipACTION is a not-for profit and public-sector organizations dedicated to physical activity and sport participation.

ParticipACTION's helps support the work of individual member organizations with SOGO grants, that will strengthen the physical activity and sport participation.

ParticipACTION's ' **SOGO active**

grants for those aged 13-19 can help:

- support delivery of physical activity
- strengthen a youth physical activity community working together on a program
- build capacity of member organizations.

JUMP START

Canadian Tire Jumpstart™ is a charitable program created by the Canadian Tire Jumpstart Charities to help kids in need participate in organized sports and recreation. National in scope but local in its focus, Canadian Tire Jumpstart helps kids in need to participate by providing funds to help offset the cost of registration fees

and equipment. On PEI, the Dep't of Health and Wellness (Division of Sport, Recreation & Healthy Living) have matched part of the Canadian Tire contribution to build the pool.

How you can access a SOGO grants or Jump Start—**log onto** - www.recreationpei.ca/programs/ or

email info@recreationpei.ca or **call** Rec PEI at 892-6445.



go!PEI Healthy Breakfast Challenge participant quote:
"This challenge encourages individuals and allows them to 'feel' the outcome of consuming a healthy breakfast . . ."

Recreation an Effective Intervention for Youth at Risk

Recreation programs address the growing concerns of youth at risk. This is because recreation can do more than just fill youths' non-obligated hours.

Recreation opportunities can give them a chance to discover interests and strengthen leadership skills in safe environments. Recreation and leisure also provide opportunities for youth to positively socialize with peers and to relieve stress.

Because recreation is fun, it can be used as a "hook" to attract youth to prevention programs and redirect

"unproductive" times. Recreation programs have the potential to be both prevention and intervention; they can prevent youth from getting into trouble and can intervene or modify behaviors like criminal activity, violence or substance abuse - an antidote to smoking, suicide and depression.

Recreation can reduce racism by building understanding between diverse cultures; a solution to isolation, loneliness and alienation.





www.recreationpei.ca

40 Enman Cres
Charlottetown, PE
C1E 1E6

Phone: 902-892-6445

Fax: 902-368-4548

E-mail: info@recreationpei.ca

**Helping Islanders Get
Active and Stay Healthy**

Recreation PEI, Inc is a not-for-profit volunteer driven organization. It primarily is a community/facility based membership of those who have an interest in delivering and promoting recreation and physical activity.

- *Helping communities be healthier and active*
- *Educating program and facility leaders*
- *Promoting risk management for programs and facilities*



Community Recreation Programs should:

- promote participation and social interaction rather than excellence;
- provide social support (friendly, enjoyable, inclusive);
- use local facilities and promote local access;
- foster partnerships between local organisations – strengthening local networks;
- build capacity to manage projects or support skill acquisition.

PEI Cities Support Pilot Programs Encouraging Children to be Active

Recreation PEI salutes the City of Summerside for hosting a School Travel Planning (STP) Project for elementary schools. The project is funded by Green Communities Canada and facilitated locally by Recreation PEI. Mayor Basil Stewart states: ***"Getting behind initiatives that support our community's young people is a win-win situation for everyone. The City of Summerside has been pleased to support the School Travel Planning pilot, which provides opportunities for local students to have a safe and active commute to and from school."***

We work with Island schools to introduce this active transportation initiative to students. Through the STP program, schools undertake achievable strategies such as the enhancement of school infrastructure, engineering improvements at or near school sites, education concerning walking and cycling, and the introduction of walking and cycling programs. The STP program supports initiatives such as school walkabouts where key stakeholders perform a walking tour of the school property and neighborhood, identifying strengths, weaknesses, opportunities and challenges related to the commute to and from school. STP programs include assisting schools with setting up walking clubs and events; making enhancements to bike racks; etc. For more information about School Travel Planning on PEI, contact Facilitator **Peggy Miles** at (902) 432-9668 or peggy.miles@city.summerside.pe.ca.

Recreation PEI salutes the City of Charlottetown for hosting a Children in Nature After School Program for elementary school children. With funding from the IWK Children's Hospital, Recreation P.E.I. partnered with the City of Charlottetown to develop "Children in Nature P.E.I.". Mayor Clifford Lee says ***"Reconnecting our children with nature through this initiative has been an excellent fit with our sustainability goals in the City of Charlottetown. Having children learn the important role that nature plays in our quality of life is paramount to our future sustainability as a community and a province. Children also have the advantage of learning, through this educational program, how to have fun in a natural environment and enjoy the many parks and open spaces that we sometimes take for granted."***

It is a nature-based active program created to inspire children to be active and enjoy nature by providing them with the opportunity to visit local neighborhood parks and green spaces. Children in Nature P.E.I. is set-up in modules, downloadable from our website. The modules are a guide for teachers, parents and leaders to create an exciting single outing or series of outings in every season and habitat across the province. For more information on the Children in Nature Program please contact Coordinator Melissa Leard at (902)-892-3837 or mleard@childreninnaturepei.ca. To see the full program visit www.childreninnaturepei.ca

