



Easy Ways to Promote Healthy Active Living

- Become a source of information
- Become a hub
- Make healthy active living part of your practice
- Be an advocate in your community
- Promote participation in events

Become a source of information

- Most cities produce a seasonal recreation calendar of events. Have a current one available in your office (tethered, so it doesn't get taken away!). Leave a pad of sticky notes beside it, and a sign inviting parents to provide comments on programs they have tried. What did they like? What didn't they like? What they would recommend to others? Or simply leave a sheet of gold stars, and invite parents to add one to each outstanding program.
- Stock quantities of *Canada's Physical Activity Guide for Children and Youth* and *Canada's Food Guide to Healthy Eating*, along with the support materials for families, and the magazines and posters for children and youth. Distribute them to all your patients.
- Ask your local recreation department or public health department about materials they have to pass on to children and youth. Leave them under your bulletin board, along with the physical activity guides.

Become a hub

- Put up a bulletin board in your office focused on healthy active living:
- Post information on local events, programs and opportunities.
- Post pictures of your patients and staff having fun being active.
- Clip newspaper articles that provide key information, or feature your patients' achievements in sports.
- Let your recreation department know you are happy to promote local events, and distribute entry forms for runs, walks and other family-oriented activities.
- Bring people together. Host a ***Let's Get Moving!*** community event. This nationwide campaign fosters quality daily physical education in schools and opportunities for all children and youth to participate in quality recreation and sport programs in the community. See www.coach.ca/getmoving/front.htm for details. Sponsored by the Canadian Coaching Association.

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Make healthy active living part of your practice

- Use the prescription pad provided in this kit with each patient you see. Ask them about it on follow-up visits. What worked for them, what didn't?
- If your office set-up allows, leave skipping ropes and balls in your waiting room. Send kids out to a safe area of your parking lot to play while they wait for their appointments.
- If you're not already – get active! Post pictures of yourself on your bulletin board running, walking, skiing – whatever gets you moving.
- Organize your staff into a team to enter community walks, runs and other events. Many support diseases – a double benefit to participating.

Be an advocate in the community

- Lobby your recreation department and city council members to:
 - offer subsidized programs for low-income families and free swimming times for families and youth
 - offer programs for children and youth with special needs
 - offer “On the Move” programs, designed to get girls more involved in physical activity. Visit www.caaws.ca/onthemove/ for more information
- Urge staff and members of the school board, as well as school principals to:
 - offer quality daily physical activity and nutrition education in all schools
 - make all schools available for supervised active after-school activities (intramurals) and community-sponsored activities in the evenings
 - have written policies that support healthy active living, such as access to healthy foods in school cafeterias, and adequate time for eating lunch and for active play at recess
 - use the presentation described in this kit with school councils, parents, trustees and school staff to emphasize the importance of physical activity among children.
- Bring role models to your community. The ESTEEM Team is a group of highly motivated high-performance athletes (including athletes with disabilities) who will come to a school or community and help make sport cool. Go to www.esteemteam.com for more information or to book an athlete for your school or community.

Promote participation in events

Encourage your patients and their families to learn by doing.

Tell us what you think

We want to ensure that our activities are relevant to health care professionals. Please tell us what you think: What worked? What didn't? What's missing? Your feedback will help us develop and refine our activities. E-mail us at info@cps.ca, call 613-526-9397, ext 247, or fax 613-526-3332.

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