

Many of us are doing great things and don't even realize it. Have you/are you carrying out a program/project/initiative that incorporates physical activity and:

- motivates children to be active?
- has a fun and safe environment?
- has an opportunity for free play?
- has a high level of participation (inclusive, everyone plays)?
- is not competitive?
- is unstructured?
- targets inactive children and youth?
- targets girls?
- encourages fair play?
- encourages skill development?
- enhances access to places for physical activity?
- enhances awareness about physical activity (educates)?
- teaches parents how to increase physical activity levels of their children?
- provides opportunities for parents to be active with their children?
- reduces sedentary time/inactive time in children/youth? (i.e. time spent watching TV, internet)
- uses existing community resources?
- is low cost?
- is outdoors?
- was created by a partnership?
- was created in consultation with children/youth?
- has positive feedback from parents?
- has positive feedback from children?
- has positive feedback from the community?
- provides social support?
- is a sustainable program?

If you have answered yes to more than one question, then you may have the bases for a success story that others can learn from.

THE FACTS

In Canada, physical inactivity among children and youth is an epidemic. This is critical, as physical activity is essential for children's healthy growth and development. The Halifax Regional Municipality is no exception to the Canadian statistic. A study was conducted on physical activity levels of our children and youth in Nova Scotia.

The study found no difference in outcomes according to region (i.e. HRM, South Shore, Valley, etc). The following table summarizes the results of the study:

Children active enough to achieve health benefits

2001-2002	grade 3	grade 7	grade 11
Male	90%	62%	12%
Female	92.3%	44%	6.9%

Within the Halifax Regional Municipality, we want to get inactive children, active! One way we are striving to do this is through a partnership called **ACTIVE Halifax Communities** (AHC). This partnership was created between the Nova Scotia Office of Health Promotion, HRM - Recreation, Tourism, and Culture, Capital Health and the Halifax Regional School Board. Its aim is to encourage and support sustainable opportunities for physical activity for children, youth, and families, and build community capacity to continue this goal within the Halifax Regional Municipality.

The idea is to use and build on what resources we have, to create a community that supports, encourages, and provides opportunities for physical activity participation - an Active Living Community where children, youth, and their families are active enough to achieve health benefits.

DIRECTIONS

Attached is a success stories draft document. Please fill it out and forward information on your success story to:

Physical Activity Coordinator
ACTIVE Halifax Communities
Email: active@halifax.ca
Phone: 902-490-5447
Fax: 902-490-4742

Should you not have access to the draft copy, please contact ACTIVE Halifax Communities at the above contact information or write your own success story outline and ensure it contains:

- Program name
- Program elements (ex. number of participants, activity, equipment)
- Participant target group
- Challenges
- Success factors
- Contact information
- Any additional information you wish to include ☺

(Preferred email copies, but will accept hard copies as well)

THANK YOU & GREAT WORK!



Physical Activity is something you Do!

So what are we *doing* and more specifically, what are our children *doing*? Within Halifax Regional Municipality we are beginning to get “on the move”, but we need your help to really shake things up.

ACTIVE Halifax Communities (AHC) is looking for “**SUCCESS STORIES**”, stories about a unique project/program that you or someone in your community initiated to encourage physical activity participation by children, youth, and/or their families. Selected stories will be posted on our website www.activehalifax.ca to be shared and celebrated!

WHY SUCCESS STORIES?

Success story resources are one means of collecting information on successful physical activity initiatives, and sharing them with the community so that everyone may learn and benefit.

“You don’t have to reinvent the wheel if you just keep it spinning!”