



Mission: ACTIVE Halifax Communities exists for the purpose of increasing the number of physically active children, youth and families in the Halifax Regional Municipality. Through a collaborative partnership between Nova Scotia Health Promotion and Protection, Halifax Regional Municipality, Capital Health, and the Halifax Regional School Board, we strive to mobilize communities to increase the number of active opportunities available. Key to this initiative is building awareness and advocacy, participation and building community capacity for active living.

Vision: Communities in the Halifax Regional Municipality welcome, encourage, support and celebrate active living. Through the cumulative and collaborative efforts of many organizations, there has been a decrease in the number of inactive children and an increase in the number of children, youth and families engaging in active lifestyles.

To find out more information on ACTIVE Halifax Communities visit our website at

www.activehalifax.ca

Please note that ACTIVE Halifax Communities services and resources are works in progress and that they will change to reflect the need within the community.

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ACTIVE Halifax Communities is created in partnership between:



Children, Youth, & Families getting Active in Halifax Regional Municipality . . .



Build physical activity into your daily life . . .

- Get active your way at home, at school, at work, at play, and on the way.
- Accumulate 30 – 60 minutes of moderate physical activity daily to stay healthy and to improve your health.
- Add up your activities in periods of at least 10 minutes each. Start slowly . . . and build up.
- Choose a variety of activities from these groups:

Endurance: 4 - 7 days a week.
Continuous Activities for your heart, lungs, and circulatory system.

Flexibility: 4 - 7 days a week.
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength: 2 - 4 days a week.
Activities against resistance to strengthen muscles and bones and improve posture.

Information on this page taken from Health Canada. Check out www.eatwellbeactive.gc.ca

Benefits of Regular Physical Activity and Healthy Living

Better Health

Look and Feel Good

Stronger muscles and bones

Weight Control

Better Self-Esteem

Feeling more energetic

Better posture

FUN!

What is ACTIVE Halifax doing in HRM?

Projects – Committees & Partnerships which AHC is a part of:

- Good Ideas Funding Grants
- HRM Activity Team
- Move More
- Girls Soar
- Capital Health – Community Development Funds Partnership
- Healthy Schools Calendar
- High Five PA Committee
- School Activity Challenge – “Be Active for Fun, Be Active for Life”
- Physical Activity Counseling Initiative, “Make a Move”
- High School PA Grant Program
- HRM – Active Living Strategy
- Bike Week
- HRM Walking initiatives
- HRM Summer Manager PA Training
- HRM Volunteer Conference
- Sponsorship and or Support of local “Active” events.
- Brochures
- Physical Activity presentations
- Display Booths
- Resources
- Media (T.V. & Newspaper)
- Website

**Get ACTIVE your way . . .
Everyday!**

For more information on these and other ACTIVE Halifax initiatives visit
www.activehalifax.ca