

Leadership for Physical Activity in Aboriginal Communities

Physical activity can be...



...different for everyone!

Things have changed

Traditionally – active lifestyle

Today – easy to stay indoors and be inactive



Medical Benefits of Physical Activity

- Exercise controls weight but also improves health independent of weight loss
- Increases baseline metabolism rate
- Improves oxygen and nutrient delivery to your tissues and helps your cardiovascular system work more efficiently
- Lowers risk and progression of heart disease (increases “good” cholesterol and decreases “bad” cholesterol)

Other Benefits of Physical Activity



- Decreased risk of other diseases
- Better mental health
- Increased self esteem
- Reduced anxiety
- Increased overall happiness
- Positive spiritual outlook
- Improved sense of community
- Better academic achievement

Interested in moving forward?

- One person can make a difference, with one small action
- Start slowly, gradually aiming to goals that are meaningful
- Get your family and friends involved
- Get Children started early for lifelong health



Getting Started

- Variety of activities that are relevant and possible for the group
- Less screen time
- Free time = active games
- Active transportation



Walk BC resources: walkbc.ca/start-your-own-walking-program

Partners Council walk-run program:

<http://sportmedbc.com/programs/sportmed-runwalk/aboriginal-runwalk>

Getting Started



Canadian Physical Activity Guidelines

- Adults – **at least** 150 minutes of moderate to vigorous physical activity per **week**
- Children – **at least** 60 minutes of vigorous physical activity per **day**

Pedometers are a good way to motivate

Aboriginal Sport, Recreation and Physical Activity Partners Council

www.bcaafc.com/initiatives/asrpa-partners-council

- Regional Engagement meetings
- Equipment Grants and Healthy Living Community Project Grants
- Regional Leader Sessions
- Sport Development
- Coaching development camps

Grants:

Health Authority Grants - Aboriginal Health Initiatives Program
(check with your health authority)

VIA Sport Grants: <http://viasport.ca/grant-funding-programs>

Canadian Tire Jumpstart: <http://jumpstart.canadiantire.ca/en/>

KidSport BC:

[http://www.kidsportcanada.ca/index.php?
page=british columbia how to apply](http://www.kidsportcanada.ca/index.php?page=british_columbia_how_to_apply)

N7 Fund: <http://n7fund.com/>

Community Wellness Grants from FNHA (to come in 2014)

Other Resources

Aboriginal Physical Activity and Cultural Circle www.a-pacc.com

First Nations Health Authority

www.fnha.ca/wellness/wellness-for-first-nations - Being Active,
Fitness Challenges

Healthy Families BC www.healthyfamiliesbc.ca

Canadian Physical Activity Guidelines

www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheetsComplete-ENG.pdf

Physical Activity Line www.physicalactivityline.com

ParticipACTION <http://www.participaction.com/>



Hours of Operation



Online Resources : 24/7

- Website - self navigation and education:
www.physicalactivityline.com
- Email: info@physicalactivityline.com

PAL Staff will respond within 24 hrs.

- Twitter: @TeamPAL
- Facebook: Physical Activity Line

Phone, M-F; 9AM-5PM

604-241-2266 or 1-877-725-1149

Interactive Discussion

Community Physical Activity Initiatives

- What works
- Challenges, success stories
- Past experiences
- Ideas