

# PHYSICAL ACTIVITY RESOURCE LISTS

The following 2 lists provide information on:

- Organizations that Support Physical Activity
- Physical Activity Programs and Initiatives

The lists may not have all physical activity resources available, but includes many that have been accessed by communities in Northern Saskatchewan. We hope you find them helpful!



## Organizations that Support Physical Activity

*The following is a list of organizations that support physical activity and may offer physical activity resources that can be accessed for use by northern communities.*

**Northern Sport, Culture and Recreation District (NSCRD)** – The purpose of the NSCRD is to facilitate and foster the development and delivery of sport, culture, recreation and leadership programs and services which are responsible to and benefit people and communities in the north. The NSCRD website contains information on the physical activity initiatives in Northern Saskatchewan as well as other resource information on sport, culture and recreation. Visit the website at [www.nscrd.com](http://www.nscrd.com) or call 425-3127 or toll free at 1-877-777-6722.

**Northern Healthy Communities Partnership (NHCP) and the Active Communities Team** – The vision of the NHCP is: Northern Saskatchewan, working holistically, to support and promote healthy communities through active living, accessible, nutritious foods, the promotion of good mental well-being, and the prevention of substance abuse. The Active Communities Team implement and evaluate the Northern Physical Activity Action Plan for northern Saskatchewan physical activity development. For more information contact:  
NHCP - Jan Shewchuk at 425-8520

ACT Co-Chairs:

Joaleen Szeles, ACT Co-Chairperson

**Telephone:** (306) 425-3127

Pam Molnar, ACT Co-Chairperson

**Telephone:** (306) 425-4826

**Website:** [www.diabetes.kcdc.ca](http://www.diabetes.kcdc.ca)

**Saskatchewan *in motion*** – is a province-wide movement aimed at increasing physical activity for health benefits. The vision of *in motion* is that the people of Saskatchewan will be the healthiest, most physically active in the country. Visit the website at [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca) or call the La Ronge office at 425-3127 or the provincial office at 1-866-888-3648.

Similar resources and information can also be accessed at [www.canadiainmotion.ca](http://www.canadiainmotion.ca)

**Saskatchewan Physical Education Association (SPEA)** – “The Saskatchewan Physical Education Association (SPEA) is a non-profit incorporated organization that provides quality leadership, advocacy, and resources for professionals in physical and health education in order to positively influence the lifestyles of Saskatchewan’s children and youth.” (SPEA, 2006) See their web site at [www.speaonline.ca](http://www.speaonline.ca)

**Sask Sport, Saskatchewan Parks & Recreation Association and SaskCulture – the three provincial (“global”) organizations** – These organizations mandate is the development of sport, culture and recreation in the province. They host a wealth of information and contacts for sport, culture and recreation in the province. For more information, check out the websites and contact numbers listed below:

SPORT – Sask Sport. **Telephone:** 780-9300. **Website:** [www.sask.sport.sk.ca](http://www.sask.sport.sk.ca)

CULTURE – SaskCulture. **Telephone:** 780-9284. **Website:** [www.saskculture.sk.ca](http://www.saskculture.sk.ca)

RECREATION – Saskatchewan Parks and Recreation Association (SPRA).

**Telephone:** 1-800-563-2555. **Website:** [www.spra.sk.ca](http://www.spra.sk.ca)

**Resource Centre for Sport, Culture, and Recreation** – Check the Saskatchewan Parks and Recreation Association (SPRA) website to view many of the numerous resources on sport, culture, recreation, and active living that are available for free loaning from the Resource Centre. There is also an On-line Events Guide and information about sports clinics and available training/education opportunities.

**Telephone:** 780-9411/9206 or 1-800-563-2555. **Website:** [www.spra.sk.ca](http://www.spra.sk.ca) (then hit the tab Resource Centre)

**Aboriginal Sport Circle** – This national organization is a united voice for Aboriginal sport, which brings together the interest of First Nations, Inuit, and Métis peoples. Resources include an Aboriginal Sport Manual, and National Awards programs for athletes and coaches.

**Telephone:** 613-938-1176

**Website:** [www.aboriginalsportcircle.ca](http://www.aboriginalsportcircle.ca)

**Go for Green** - A national non-profit, charitable organization encouraging Canadians to pursue healthy, outdoor physical activities while being good environmental citizens. Their website is at [www.goforgreen.ca](http://www.goforgreen.ca) or call 1-888-UB-ACTIV (822-2848).

**Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)** – This website has numerous resources for mothers, inactive girls ages 9-18, active girls, and Aboriginal girls in sport. This website offers many ideas and information on ways women and girls can get and stay active. The website is [www.caaws.ca](http://www.caaws.ca). Subscribe to their free email newsletter when you are on their site or contact them at 1-613-562-5667.

**CAPHERD – Canadian Association for Health, Physical Education, Recreation and Dance.** A national, charitable voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for quality, school-based physical and health education. Telephone (613) 523-1348 or 1-800-663-8708. General email: [info@capherd.ca](mailto:info@capherd.ca), website: [www.capherd.ca](http://www.capherd.ca)

**Canadian Fitness and Lifestyle Research Institute (CFLRI)** – A national research agency concerned with educating Canadians about the importance of leading healthy, active lifestyles. CFLRI develops research priorities and recommends strategies to increase physical activity levels for reducing the public health burden associated with sedentary living. Website: [www.cflri.ca](http://www.cflri.ca) or call 1-613-233-5528.

**Foundation for Active Healthy Kids** – Active Healthy Kids Canada was established to advocate the importance of quality, accessible, and enjoyable physical activity participation experiences for children and youth. Active Healthy Kids Canada can assist decision makers at all levels, from policy-makers to parents, in order to increase the attention given to, investment in, and effective implementation of physical activity opportunities for all Canadian children and youth. Website: [www.everactive.org](http://www.everactive.org) or call 1-780-454-4745.

**Canadian Diabetes Association** – To promote the health of Canadians through diabetes research, education, service, and advocacy. Website: [www.diabetes.ca](http://www.diabetes.ca). Telephone: 1-800-226-8464.

**SportFit** - SportFit™ promotes healthy, active lifestyles through an online sport education program that matches student's personal preferences and physical attributes with a number of summer and winter sports. Visit the website at [www.sportfitcanada.com](http://www.sportfitcanada.com) or call 1-604-607-4948.

**Government of Saskatchewan – Departments of Culture, Youth and Recreation, Health and Learning.** Website: [www.gov.sk.ca](http://www.gov.sk.ca) can then provide links to the departments listed, or other programs and services.

## Physical Activity Programs and Initiatives

*The following is a list of physical activity programs and initiatives that can be accessed for use by northern communities, schools, organizations, and individuals.*

**Northern Saskatchewan On The Move - Northern Physical Activity Week (First Week of May)** - this is an event organized by the Active Communities Team (ACT) of the Northern Healthy Communities Partnership (NHCP). The goal is to encourage and motivate all members of our northern communities to improve their whole health through increased physical activity. Participants of all ages and activity levels are encouraged to challenge their present level of activity for the week and to experience the benefits. Northern schools, workplaces, health centres, daycares, churches, and other organizations can register between March 1 and May 1. Check out the website or contact our Coordinator for more information.

Joaleen Szeles, ACT Co-Chairperson

**Telephone:** (306) 425-3127

Pam Molnar, ACT Co-Chairperson

**Telephone:** (306) 425-4826

Judy MacLeod Campbell

**Telephone:** (306) 425-3127

**Website:** [www.diabetes.kcdc.ca](http://www.diabetes.kcdc.ca)

**International Walk to School & Everywhere Else Month** – is an event organized by the Active Communities Team (ACT) of the Northern Healthy Communities Partnership (NHCP). It is a month long event challenging schools, families, workplaces and organizations to find ways to increase time spent walking during the month of October. International Walk to School is a Go for Green event, with information adapted for Northern Saskatchewan. For more information, visit the official international website at [www.iwalktoschool.org](http://www.iwalktoschool.org) or the national website at [www.goforgreen.ca/walktoschool](http://www.goforgreen.ca/walktoschool) or call the ACT co-chairs at the numbers below.

Joaleen Szeles, ACT Co-Chairperson

**Telephone:** (306) 425-3127

Pam Molnar, ACT Co-Chairperson

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Judy MacLeod Campbell

**Telephone:** (306)425-3127

**Saskatchewan *in motion*** – Join the Movement to receive some great tools and resources to assist individuals in becoming active and also to assist communities, schools, workplaces and others in raising awareness and opportunities for physical activity. Visit [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca) to see what's offered.

Similar resources and information can also be accessed at [www.canadainmotion.ca](http://www.canadainmotion.ca)

**Quality Daily Physical Education (QDPE)** - is CAHPERD's term for a well-planned and implemented school program of physical education learning opportunities provided to all students in the school on a daily basis throughout the school year. A quality daily physical education program includes daily curricular instruction for all students, as well as intramural activities and school sports in which all students have the opportunity to participate. Check out the website for more information – [www.capherd.ca](http://www.capherd.ca).

**Health Canada** – Physical Activity Guides for adults, children, youth, teachers, older adults, and families. Call 1-888-334-9769 or visit their website at [www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide) to order.

**Canadian Food Guide to Healthy Eating** – Order the Canadian Food Guide, information on nutrition labels, and nutrition resources for educators and communicators. Also check out key information on healthy eating by visiting the following website [www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food\\_guide\\_rainbow\\_e.html](http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html).

**POSTERS featuring the Benefits of Sport, Culture and Recreation and other resources (some listed below)** - Posters are available that highlight research, focusing on the benefits – statements of sports, culture, and recreation. For more information, check out the websites and contact numbers listed below:

SPORT – Sask Sport. **Telephone:** 780-9300. **Website:** [www.sask.sport.sk.ca](http://www.sask.sport.sk.ca)

CULTURE – SaskCulture. **Website:** [www.saskculture.sk.ca](http://www.saskculture.sk.ca)

RECREATION – Saskatchewan Parks and Recreation Association (SPRA)  
**Telephone:** 1-800-563-2555 **Website:** [www.spra.sk.ca](http://www.spra.sk.ca)

**Children in Sport** - a program designed to ensure that children receive the most positive experience possible from sport. The focus of this program is on learning the fundamental skills before entering into more competitive sports and on providing an opportunity for children to have positive life-long experiences in sport. The focus is on process, not outcome. View the program information and the following available resources at [www.sasksport.sk.ca](http://www.sasksport.sk.ca)

- [Resource Guide For Parents](#)
- [Orientation Guide for Sport Leaders](#)
- [Posters](#)

**SportFit** - SportFit™ promotes healthy, active lifestyles through an online sport education program that matches student's personal preferences and physical attributes with a number of summer and winter sports. Visit the website at [www.sportfitcanada.com](http://www.sportfitcanada.com).

**“SPORT FOR ALL, OPENING DOORS TO EVERYONE”** - This guidebook is designed to open the doors and put the welcome mat firmly in place for those groups currently under represented in sport. It reviews the barriers that prevent many from participating, and shows how to eliminate those barriers when planning programs. Download a copy of [Sport for All, Opening doors to everyone](#) at [www.sasksport.sk.ca](http://www.sasksport.sk.ca) or by calling us at (306) 780-9300 or 1-800-319-GAME.

**SPORT It's More Than a Game** - a campaign to ensure the long term growth and development of amateur sport in Saskatchewan by promoting the benefits of amateur sport. Complementary promotional items are available for members and non- members of Sask Sport Inc. To download an order form, please go to [www.sasksport.sk.ca](http://www.sasksport.sk.ca)

**SPRA Fitness Leadership Certification** – A certification program for leaders/instructors of fitness classes delivered through the Saskatchewan Parks & Recreation Association. Call 1-800-563-2555 or visit the website at [www.spra.sk.ca](http://www.spra.sk.ca) for more information.

**Try Something New Initiative** – This initiative targets Canadian children and youth and promotes good nutrition and physical activity. Visit the website at [www.trysomethingnew.ca](http://www.trysomethingnew.ca) to

find everything you need to host a “Try Something New Event” in your school or community. Resources include posters, activities for leaders, ads, flyers, a planning toolkit, and a brochure.

**Everybody gets to play** is a national initiative to enhance the quality of life for low-income families and their children by removing barriers to play. Many kids often face user fees, transportation issues, a lack of family support and barriers related to language and culture. For additional information on the **Provincial Everybody gets to play™ Strategy** and how you can get involved, contact Nancy Porter at the Saskatchewan Parks and Recreation Association at (306)780-9456 or email [nporter@spra.sk.ca](mailto:nporter@spra.sk.ca). For more information on the *Everybody gets to play™* National Initiative please contact the Canadian Parks and Recreation Association at [cpra@cpra.ca](mailto:cpra@cpra.ca) or visit their website at <http://www.cpra.ca>. Start now by downloading the Community Mobilization Tool Kit Order Form from the website.

**Impact and Benefits of Physical Activity and Recreation on Canadian Youth-at-Risk –**

This booklet provides a number of specific suggestions for program delivery based on focus group discussions and a review of best practices. Learn about common constraints to participation and the program structures that youth themselves identify as keys which contribute to the degree of program success. To access this resource, please contact us at [www.sasksport.sk.ca](http://www.sasksport.sk.ca), or call (306) 780-9300 or 1-800-319-GAME.

**"ON THE MOVE" Resource Guide** - This guidebook defines the reasons why young girls do not participate in sport and provides excellent ideas to encourage them towards physical activity, improved self-esteem, and other healthy lifestyle choices. To access this resource, please contact [www.caaws.ca](http://www.caaws.ca)

**Sadie’s Walk** – This Diabetes Prevention Awareness Walk is planned annually in May, in memory of Sadie Muik to promote the prevention of type 2 diabetes. Contact the National Aboriginal Diabetes Association for more information at:

**Telephone:** (204) 927-1220

**Toll Free:** 1-877-232-NADA (6232)

**Email:** [diabetes@nada.ca](mailto:diabetes@nada.ca)

Web site: [www.nada.ca](http://www.nada.ca)

Or contact Jan Kroll at: **Telephone:** (306) 953 – 7253 **Email:** [jkroll@pagc.sk.ca](mailto:jkroll@pagc.sk.ca)

**The Terry Fox Run** - The annual Terry Fox Run is held around mid September. The Run is a non-competitive event where people get together as individuals, families and groups to raise money in Terry’s name. It is a day of celebrating Terry’s legacy and helping to keep his dream of a cure for cancer alive. For more information contact:

**Tel:** 306-757-1662

**Toll Free:** 1-888-836-9786

**e-mail:** [sk@terryfoxrun.org](mailto:sk@terryfoxrun.org)

**Web site:** [www.terryfoxrun.org](http://www.terryfoxrun.org)

**Quality School Health (QSH)** – another CAHPERD initiative for schools. This one promotes a comprehensive approach to school health and includes curriculum considerations, as well as considerations for school environment, community support and school services. The **QSH vision** is to develop healthy learning environments where all children and youth are supported by their school community to make healthy lifestyle choices. QSH involves participation and collaboration from the whole school community, including students, parents, school staff and community partners, and focuses on the health issues specific to the needs and concerns of each school community. Available downloads at [www.cahperd.ca](http://www.cahperd.ca) include:

- [Overview Presentation](#)
- [Checklist Poster](#) (quiz to assess your school)
- [Information Brochure](#)

**Recognition Awards Program (RAP)** – CAHPERD hosts National School Challenges for physical activity yearly in November, February and May. Resources and award packages are available and you don't have to be a QDPE school to participate in the RAP.

**Commuter Challenge** is a national program that aims to increase the awareness of the benefits of sustainable commuting and to encourage Canadians to take action by walking, cycling, taking transit, carpooling or tele-working instead of driving alone to get work. There is an **annual National Commuter Challenge event** where communities and workplaces across Canada compete for the highest percentage of participation during [Clean Air Day](#) (June 7, 2006) and [Canadian Environment Week](#) (June 4 to 10, 2006). There is also the **Commuter Challenge Ongoing Challenges project** encourages communities, workplaces and individuals to register their own Commuter Challenge events at different times throughout the year on the Commuter Challenge Web site at [www.commuterchallenge.com](http://www.commuterchallenge.com).

**Active & Safe Routes to School** is a national program encouraging the use of active modes of transportation to and from school. The benefits include:

- Increased physical activity for children and youth.
- A healthier lifestyle for the whole family.
- Less traffic congestion around schools.
- Safer, calmer streets and neighborhoods.
- Improved air quality and a cleaner environment.

The **Walking Tour of Canada** is a school based program that encourages your students to walk to and from school and for teachers to incorporate walking within each school day. Distances will be tracked on the online Walking Tour of Canada map to show the students how far they have walked across Canada. As the accumulated distances reach each provincial/territorial capital, you will be able to download a provincial/territorial **PASSPORT** to congratulate the students on their success so far. As the students "Walk" through each province/territory, you'll find loads of information that relates to history and social studies as well as active living information. When you've completed the **Walking Tour of Canada**, download and print your **Certificate of Recognition** and display it proudly in your classroom!

**“Summer Active” Program** - A national promotion campaign held in spring each year to encourage and support inactive Canadians to take the first steps towards an active, healthy lifestyle. Leader resource kits are available upon request. The program runs through May and June. Visit the website at [www.summeractive.canoe.ca](http://www.summeractive.canoe.ca) for ideas and to register you Summer Active events.

**“Winter Active” Program** – Winter Active is the new counterpart to Summer Active, the popular annual initiative that helps Canadians take their first steps to becoming more physically active and spreads the word that active living, healthy eating, and living smoke-free are all key parts of a healthy lifestyle. Winter Active was piloted from Feb. 28-March 13, 2006 to generate and share ‘cool’ ideas and unique approaches to healthy living during March Break. This information will be used as a foundation for planning a comprehensive Winter Active 2007 that will focus on healthy living throughout the winter months. The official Winter Active website at

[www.winteractive.org](http://www.winteractive.org) features tips, tools and information about healthy living in the winter, with a focus on the following key elements: physical activity, healthy eating, living smoke-free, participating in sport, as well as information specifically related to Aboriginal Canadians.

**Public Health Agency of Canada** – On this website you can view an all encompassing health resource called the Healthy Heart Kit which touches on physical activity, blood pressure, healthy eating, etc. This resource can be downloaded at [www.healthyheartkit.com](http://www.healthyheartkit.com).

**Heart and Stroke Foundation** – Check the website for their [Catalogue of Print Resources](#). Physical activity resources include:

- [Fitness Wheel](#) (shows calories in popular foods and the equivalent activity needed to offset calories)
- [The Active Heart Booklet](#)
- [Healthy Public Policies in Rural Rinks in Saskatchewan](#)

**Jump Rope for Heart** – an in-school skipping program that gets your students out of their seats and on their feet. Students can earn prizes, schools can earn valuable resources and The Heart and Stroke Foundation raises funds to continue research into heart disease and stroke. Geared to students aged 4 to 10, Jump Rope for Heart gets kids moving and teaches them that an active heart is a healthy heart. With an emphasis on fun and games, kids can take to the playground when the program is done. This program gets everyone in your school moving. Call 1-888-HSF-INFO for general inquiries or check out the web site at [www.heartandstroke.ca](http://www.heartandstroke.ca).

**Big Bike for Stroke Program** – if you would like the Heart & Stroke Big Bike to visit your community this summer call the local ride coordinator at 1-866-334-6333 or the provincial office of the Heart and Stroke Foundation at 1-888-473-4636.

**Hoops for Heart** - a program that gets students out of their seats to sink baskets for a good cause. Students can earn prizes, schools can earn valuable resources and The Heart and Stroke Foundation raises funds to continue research into heart disease and stroke. A Student Leadership Award is available to those kids who help you organize the event. The program is easy to organize and gives students a chance to be active, socialize and contribute to a good cause. Call 1-888-HSF-INFO for general inquiries or check out the web site at [www.heartandstroke.ca](http://www.heartandstroke.ca).

**Rick Hansen WHEELS IN MOTION (RHWIM)** – The Rick Hansen Man in Motion Foundation holds its annual participation event in June. Canadians from every province and territory are invited to wheel (wheelchairs, bicycles, in-line skates, strollers, skateboards or scooters!), walk or run to raise awareness and funds to help with research and to improve the lives of those living with spinal cord injury. Also, educators and kids can go to the Foundation's website for information and access to free lesson plans and games. Website for the Rick Hansen Man In Motion Foundation is [www.rickhansen.com/](http://www.rickhansen.com/)

**Active Healthy Kids Canada** (formerly, The Foundation for Active Healthy Kids) - a national charitable organization committed to the development of active healthy children and youth. Check out these programs on their website:

- **ReadySetGo.org**: this is a **free** interactive and informational website for kids, parents, and coaches to find sports activities that match their skill and interest levels. Links hundreds of traditional and innovative kids' sports programs.
- **Activ8**: a curriculum-based physical activity challenge program for schools. The **free** pre-planned lessons have direct links to your province's curriculum and helps

children and youth of all abilities develop their fitness and skill levels. It is designed to motivate students to be physically active, recognize each student's personal development, and celebrate students' individual achievements. Activ8 consists of eight pre-planned lessons for grades K-8 including warm-ups, cool-downs and lots of fun physical activity challenges that engage all students, regardless of ability and skill level. You can order activ8 in four different grade modules: Kindergarten, Grades 1-3, Grades 4-6, and Grades 7-8.

- **Active Healthy Kids Day** is held each year to raise awareness of the importance of physical activity for children and youth. Active Healthy Kids Day is held annually on the last Thursday of May, and will be held this year on **Thursday, May 25, 2006**.

Active Healthy Kids Canada **Telephone:** 1- 888 – 446 -7432

**Website:** [www.activehealthykids.ca/](http://www.activehealthykids.ca/) or [www.ReadySetGo.org](http://www.ReadySetGo.org)

**'Fun N' Motion'** - a kit for helping girls and young women set goals for Physical Activity is available at the following:

F.A.M.E. - Female Athletes Motivating Excellence

Ontario Sports and Recreation Centre

Tel: (416) 426-7183

**Keep Sport Healthy, Safe & Fun** - "Keep Sport Healthy Safe and Fun" campaign is a number of educational and promotional materials, such as ad mats, posters, brochures, and informational booklets are available for community use. For more information call 1-800- 667-7171.

**The Annual Global Move for Health Day** – is initiated by the World Health Organization (WHO). It occurs annually on May 10<sup>th</sup> and is celebrated around the world. "Move for Health" is a partnership based initiative, and part of an integrated approach to the prevention of chronic diseases and health promotion. Recognize this day in your organization/community.

**True Sport** – True Sport is a growing Canadian movement that recognizes and promotes the life skills and values derived from community sport. Check out their resources at [www.truesportpur.ca](http://www.truesportpur.ca).

**Stairway to Health Program** is a fun and easy way to get employees active in the workplace. Visit our web site at [www.healthcanada.ca/stairwaytohealth](http://www.healthcanada.ca/stairwaytohealth) for downloadable posters, virtual challenges, and other tools to develop and manage a stairway to health program. Stairway to Health is a partnership between Public Health Agency of Canada and the Canadian Council for Health and Active Living at Work (CCHALW).

The **Business Case for Active Living at Work** has been developed in partnership by Health Canada and the Canadian Council for Health and Active Living at Work (CCHALW). It is an internet resource that suggests the benefits of being active in the workplace, summarizes the research that has been done, provides some information about what works and how to get started, as well as provides a template for practitioners to use in developing a business case for active living in their own organizations. Visit the website at [www.activelivingatwork.com](http://www.activelivingatwork.com).

**National Healthcare Canada's website** provides tips for starting, managing and evaluating **workplace wellness programs**. The site also provides free resources and tools to assist with planning. Visit the website at [www.naturalhealthcare.ca/workplace\\_wellness.phtml](http://www.naturalhealthcare.ca/workplace_wellness.phtml).

**The Canadian Council for Health and Active Living at Work** – [www.cchalw-ccsvat.ca/english/](http://www.cchalw-ccsvat.ca/english/) offers many resources, tips, and information about improving employee health and wellness through active living in the workplace.