

# ***Northern Physical Activity*** ***ACTION PLAN***



*Physical Activity - do it for life!*

***Developed by the Northern in motion Team:***

- **Athabasca Regional Recreation Association**
- **Beaver River Regional Recreation Association**
- **Clearwater Regional Recreation Association**
- **Neyanun Regional Recreation Authority**
- **Sagastew Regional Recreation Association**
- **Saskatchewan Culture, Youth and Recreation – La Ronge**
- **Saskatchewan *in motion***

**Bringing organizations and communities in Northern Saskatchewan together to target collective physical activity issues by building on strengths and successes**

# SUMMARY & BACKGROUND

## *Northern Physical Activity ACTION PLAN Overview*

The *Northern Physical Activity ACTION PLAN* addresses common north-wide issues and barriers to participation in physical activity by working together to build on successes. The *ACTION PLAN* identifies north-wide and regional actions that partners are committed to carrying out. It also builds in a communication and support system for communities, schools, workplaces and partner organizations to use to strengthen community initiatives for increasing awareness and participation in physical activity. Suggested actions/ideas for communities can also be found within the *ACTION PLAN*. Physical inactivity is an issue that affects us all – this *ACTION PLAN* is for you!

### *What is Physical Activity?*

Physical activity describes movement of the body that uses energy. Physical activity improves health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life. Types of physical activity include active living, recreation, sport, exercise, play, dance and physical labor.

Health Canada recommends accumulating 30-60 minutes of moderate physical activity daily to stay healthy or to improve your health. Examples of moderate activities are brisk walking, swimming, biking, jogging, aerobics, basketball, skating, and other activities with continuous motion.

### *What is Saskatchewan in motion?*

*in motion* is a province-wide movement aimed at increasing physical activity for health benefits. The vision is that the people of Saskatchewan will be the healthiest, most physically active in Canada. Saskatchewan *in motion* encourages people to be active five times a week for at least 30 minutes a day (5/30).



## Why was the **ACTION PLAN** developed?

Physical inactivity is a growing concern in northern Saskatchewan. Previous traditional lifestyles were very active incorporating hunting, trapping, walking, house/yard work, cutting wood, etc. Modern technology (snowmobiles, power tools, etc.) and changes in daily living have led to increased sedentary activities such as watching television, computers, video games, playing bingo, etc. As a result, we are spending less time being active and our health is paying the price.. Health conditions such as diabetes, cardiovascular diseases, obesity, high blood pressure and cancer are on the rise. Here are a few fit facts for you to consider:

- As many as 59% of Saskatchewan residents are insufficiently active for optimal health benefits. *(Canadian Fitness and Lifestyle Research Institute, 1998/99)*
- Physical activity is associated with a 20-30% risk reduction in all causes of mortality. *(Murphy, M., Nevill, A., Neville, C., Biddle, S., and Hardman, A. (2002). Accumulating brisk walking for fitness, cardiovascular risk, and psychological health. **Medicine and Science in Sports and Exercise**, 34(9), pp. 1468-74)*
- Over half of 5- to 17-year-olds in Canada are not active enough for optimal growth and development. *(Canadian Fitness and Lifestyle Research Institute, 2001)*
- In Saskatchewan, 67% of youth aged 12-19 are not active enough for optimal growth and development. *(Canadian Fitness and Lifestyle Research Institute, 1998/99)*
- 29% of Canadians aged 20 to 64 are considered overweight. Overweight is defined as a body mass index (BMI) greater than 27. *(Canadian Fitness and Lifestyle Research Institute, 1996)*
- 12% of Canadians aged 20 to 64 are considered obese. Obese is defined as a body mass index (BMI) greater than 30. *(Canadian Fitness and Lifestyle Research Institute, 1996)*

Saskatchewan **in motion** surveyed 3,500 residents in 2003 and again in 2005 to assess activity levels. The following results show the percentage of **inactive** people (those not active enough for health benefits) based on age and gender:

	2005		2003	
	Female	Male	Female	Male
Adults	52%	38%	59%	44%
Youth (13 – 19)	87%	61%	83%	57%
Children (5 – 12)	77%	66%	86%	68%

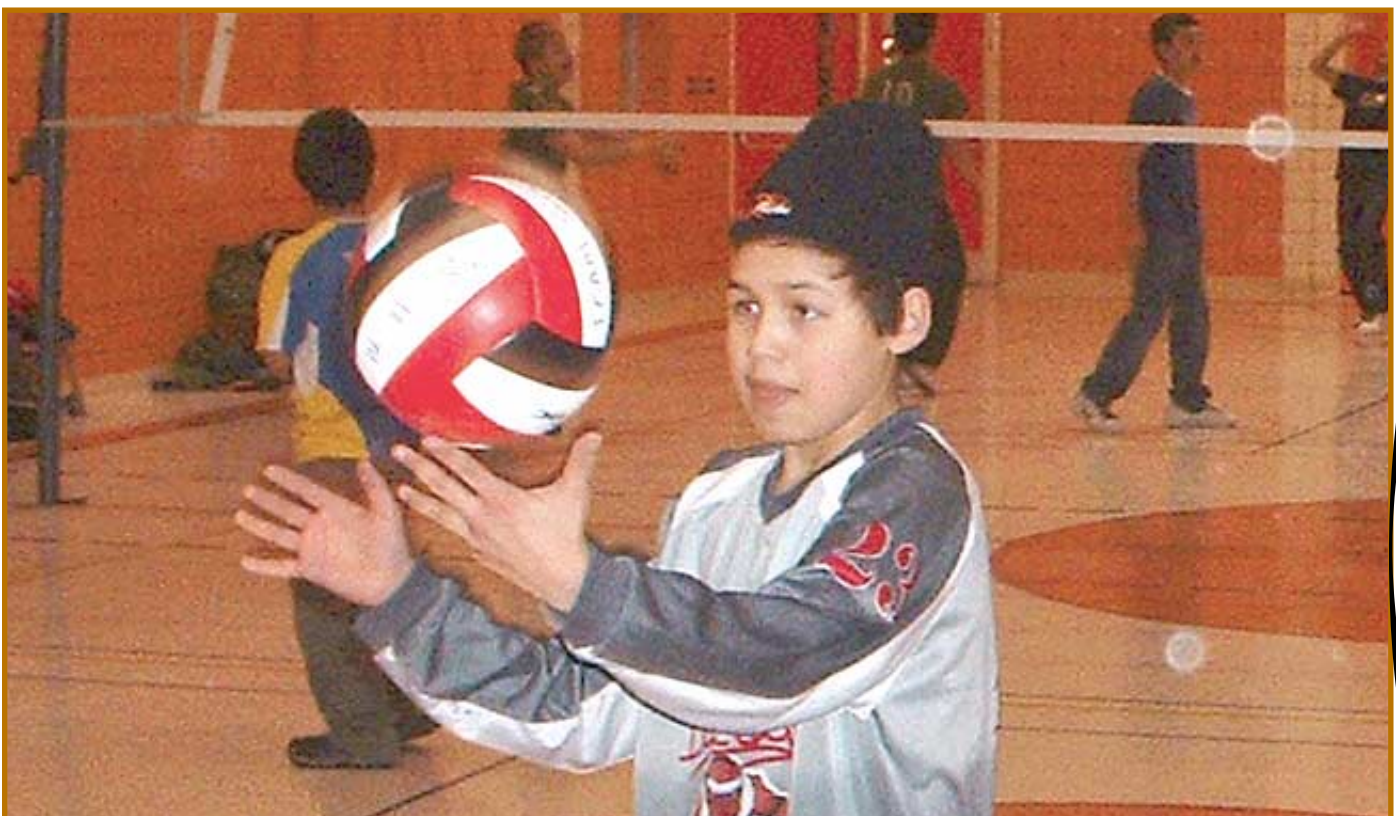
The Saskatchewan **in motion** Physical Activity Movement has resulted in an overall 6% increase of physical activity and a significant increase in awareness of the importance of physical activity across the province from 2003 to 2005. These positive changes are largely due to efforts and leadership at the community level. Have these positive changes occurred for your family, friends, neighbours, and co-workers? We still have a long way to go to target physical inactivity. We need you to join the Physical Activity Movement by finding ways to increase opportunities and to support healthy active living in your community, school, workplace, and family.

Physical activity may not be the sole cure for all health conditions, but it can help! Physical activity can have significant effects on our mental, physical, emotional and spiritual wellbeing. Physically active adults have enhanced self-concept and self-esteem, as indicated by increased confidence, assertiveness, emotional stability, independence, and self control (Seefeldt et al., 1986). Among young people, high levels of fitness are associated with decline in smoking and drinking behaviour, healthier eating habits and with increased self-esteem. (Guzman, 1992). Physical activity makes us feel good, gives us confidence in ourselves, reduces stress, and gives us energy to be motivated and productive in all that we do. Long-term benefits of regular exercise include improved fitness and quality of life; stronger bones and muscles; better posture and balance; and prolonged independence in later life.

The *ACTION PLAN* is our way of combining resources, strengths and efforts to best target physical activity needs, issues and interests in northern Saskatchewan. It's important!

## *Who is involved with the ACTION PLAN ?*

The idea for the *ACTION PLAN* originated through the Northern Regional Recreation Associations and the Saskatchewan *in motion* initiative. In 2005, the five Northern Recreation Associations (Athabasca, Beaver River, Clearwater, Neyanun, and Sagastew) combined forces to target the physical inactivity issue seen throughout the north. The Saskatchewan *in motion* office and the Department of Culture, Youth and Recreation (La Ronge office) have joined the group that makes up the Northern *in motion* Team. This team is spearheading this initiative of collective actions for physical activity. Input



has been received from northern communities and organizations that has shaped the priorities and actions found within this plan. The Active Communities Team (ACT) is an inter-sectoral working group of the Northern Healthy Communities Partnership. ACT will serve as the reference group for this *ACTION PLAN*.

## *How long will this initiative be in effect?*

The *ACTION PLAN* will be an ongoing initiative for a minimum of five years (May 1, 2006 to December 31, 2010). You'll notice that many of the actions within the plan will be completed in 2006 and 2007. This is because the plan will be evaluated and updated at the end of each year. The evaluation strategy will include a yearly Northern Physical Activity Roundtable for northern communities and partner organizations, assessments, research, etc. that will provide information to determine direction for the next year.

## *What is the framework behind the **ACTION PLAN** ?*

The partners for the *ACTION PLAN* believe that physical activity/physical wellbeing is an important part of individual wellness and overall balance in our lives. When looking at individual health and wellness, we need to find a healthy balance in all factors of our lives - social/emotional, mental/cognitive, spiritual and physical. The **Saskatchewan Population Health Promotion Strategy** titled *Healthier Places to Live, Work and Play*, offers a framework that does just that. The strategy asks communities to plan with various sectors/partners around four priority issues: Mental Wellbeing; Accessible Nutritious Food; Decreased Substance Use/Abuse; and Active Communities. Goals have been established in each of these four areas to further help communities with their planning. The Northern Physical Activity *ACTION PLAN* was created by using the three goals for Active Communities found in the Population Health Promotion Strategy. The three goals are:

- 1** To reduce the economic, environmental, social and cultural barriers that limit participation in physical activity.
- 2** To create safe environments that encourage and support physical activity.
- 3** To increase opportunities for regular, enjoyable physical activity in communities, schools and workplaces.

The strategy and this *ACTION PLAN* are based on the following values and beliefs:

- Respect for each individual
- Working together towards the common good
- Community participation in decision making
- Sharing of resources
- Meeting the needs of all community members
- Caring for the environment
- Thinking of and planning for future generations beyond our own

## How was the *ACTION PLAN* Developed?

Input into the *ACTION PLAN* was gathered in a number of ways. Results from the following assisted to create the *ACTION PLAN*:

- **Northern Physical Activity Assessment** – a survey of 13 northern organizations and 15 northern communities was conducted in November 2005 to obtain information on needs, interests, and current trends/opportunities around physical activity.
- **Northern Physical Activity Roundtable** – a gathering of northern communities, organizations and physical activity partners was held on December 7, 2005 in Prince Albert to discuss collective needs, interests, ideas and strengths for physical activity.
- **Current plans and activities** of the Active Communities Team, the Northern *in motion* Team, the Northern Healthy Communities Partnership and other northern partners.
- Future plans of the Provincial Physical Activity Strategy, Saskatchewan *in motion*, the Saskatchewan Physical Activity Council, and other partners will be incorporated into future drafts of the *ACTION PLAN*.



# Northern Physical Activity *ACTION PLAN*

(MAY 2006 TO DECEMBER 2007)

KEY		The following acronyms are used in the <i>ACTION PLAN</i> chart below:	
<b>ACT</b>	Active Communities Team Subcommittee (of NHCP)	<b>NPAW</b>	Northern Physical Activity Week
<b>CAAWS</b>	Canadian Association for the Advancement of Women and Sport and Physical Activity	<b>NRCC</b>	Northern Recreation Coordinating Committee
<b>CSRCP</b>	Community School Recreation Coordinator Program	<b>RRA</b>	Regional Recreation Association
<b>M&amp;P</b>	Media and Promotions Subcommittee (of NHCP)	<b>SIM</b>	Saskatchewan <i>in motion</i>
<b>NHCP</b>	Northern Healthy Communities Partnership	<b>SP</b>	Shared Paths for Northern Health
<b>NHP</b>	Northern Health Promotion Working Group	<b>SPAC</b>	Saskatchewan Physical Activity Council
<b>NIM</b>	Northern Saskatchewan <i>in motion</i> Team	<b>SCYR</b>	Saskatchewan Culture, Youth and Recreation – La Ronge Office

Goal	Northern Initiatives	Groups Involved	Timeline	Ideas for Community Activities
<p><b>1</b></p> <p>To reduce the economic, environmental, social and cultural barriers that limit participation in physical activity.</p>	Design and promote the 5 Regional Recreation Associations and the NRCC as physical activity resource centres.	RRA's & NRCC	May/06-ongoing	<ul style="list-style-type: none"> <li>● Host local meetings with organizations &amp; community members to discuss ideas for increasing physical activity and ways to reduce existing barriers.</li> <li>● Increase promotion of local physical activity programs, facilities &amp; equipment.</li> <li>● Reduce or eliminate user fees.</li> <li>● Make physical activity information easy for public to access (i.e. grocery store, school, workplaces, health center, town/band office).</li> <li>● Get new ideas/resources and share your successes with others on the <b>SIM</b> web site.</li> <li>● Share messages on the <b>SPAC</b> web site.</li> <li>● Use local role models to promote physical activity.</li> <li>● Offer child care and transportation services with programs.</li> <li>● Make local presentations to educate about physical activity.</li> <li>● Recognize volunteers/leaders of physical activity initiatives.</li> <li>● Provide opportunities for families to be active together.</li> <li>● Encourage parental involvement during children/youth programs.</li> <li>● Promote physical activity and good nutrition together during programs or educational opportunities.</li> </ul>
	Promote the <b>Saskatchewan in motion and SPAC internet websites.</b>	SIM & RRA's	May/06-ongoing	
	Continue public <b>radio messages/stories</b> promoting the benefits of physical activity on MBC.	M&P & RRA's	May/06-ongoing	
	Work with northern organizations/sectors to <b>increase physical activity messaging</b> through available means (web sites, newsletters, mail-outs, etc.).	NIM	May/06-ongoing	
	Northern <b>Health Strategy Conference</b> is hosted in Prince Albert. This Action Plan will be presented.	SP & NIM	September 6-7/06	
	Host an <b>Annual Physical Activity Roundtable</b> for northern communities and organizations to determine priorities and actions.	NRCC & NIM	November yearly	
	Host an <b>Annual Northern Champion Seminar</b> (in conjunction with the Roundtable) to train physical activity leaders and to support networking of leaders.	NRCC & NIM	November yearly	
	Further promote February as Active Living Month.	NHP & SCYR	January-February/07	

Goal	Northern Initiatives	Groups Involved	Timeline	Ideas for Community Activities
<p><b>2</b></p> <p>To create safe environments that encourage and support physical activity.</p>	Update and promote a <b>Healthy Public Policy for Physically Active Schools.</b>	ACT	December/06	<ul style="list-style-type: none"> <li>● Check with your school, workplace, or council to see what their policies on physical activity are. Initiate discussions to create or update policies as needed.</li> <li>● Designate and train physical activity champions in your community, schools and workplaces. Call your <b>RRA</b> for information.</li> <li>● Share community needs, issues, and successes with your <b>RRA</b>.</li> <li>● Encourage use of nature trails and paths.</li> <li>● Host monthly wellness clinics to provide information.</li> </ul>
	Develop and promote a <b>Healthy Public Policy for Physically Active Workplaces.</b>	ACT	December/07	
	Develop and promote a <b>Healthy Public Policy for Physically Active Communities.</b>	ACT	December/07	
	Act as a <b>collective northern voice</b> for communicating and supporting northern physical activity needs/issues to provincial ongoing government and partners (i.e. funding needs, facilities, equipment, training, staffing, programs, etc).	NIM	May/06	
<p><b>3</b></p> <p>To increase opportunities for regular, enjoyable physical activity in communities, schools and workplaces.</p>	Develop and promote a <b>Community Walking Program Guide.</b>	NIM	April/07	
	Host a <b>CAAWS On the Move Program training opportunity</b> to develop local program leaders to focus on increasing activity in females ages 9-18.	NIM and CSRCP	June 8/06	
	Coordinate the <b>2006 Northern Physical Activity Week (NPAW).</b>	ACT	May 1-7 /06	
	Develop and distribute a northern program package to promote the <b>International Walk to School/Work Week (Go for Green).</b>	ACT	September/06	
	Develop and promote a <b>Physical Activity Presentation Tool</b> for creating a personal physical activity plan.	NIM	May/06	
	Host a <b>fitness certification course</b> in La Ronge to train group fitness leaders in the north.	NIM	September 9-10 and October 14-15/06	



# REGIONAL INITIATIVES

# NORTHERN SASKATCHEWAN

Here are some regional physical activity based initiatives that are coming up between May and September, 2006:

Region	Program, Event or Initiative	Date	Location	Contact Information
<b>Athabasca</b>	Summer Swimming Program	July & August	Various regional communities	Brandy Smart at 425-1555 (ARRA office)
	Athabasca Track & Field Meet	July	Black Lake	Brandy Smart at 425-1555 (ARRA office)
	Athabasca Regional Softball Tournaments	August	TBA	Brandy Smart at 425-1555 (ARRA office)
	Athabasca Archery Clinic	Fall	TBA	Brandy Smart at 425-1555 (ARRA office)
	Athabasca Sand Dunes Program	August	Fond du Lac	Brandy Smart at 425-1555 (ARRA office)
<b>Beaver River</b>	Sport development opportunities for athletes, coaches & officials in the following sports- baseball, soccer & hockey	Ongoing	Various regional communities	Louis Gardiner at 833-2204 (BRRRA office)
<b>Clearwater</b>	Sport development opportunities for athletes, coaches & officials in various sports	Ongoing	Various regional communities	Crystal Sylvestre at 822-2928 (CRRRA office)
<b>Neyanun</b>	Sport development opportunities for athletes, coaches & officials in various sports	Ongoing	Various regional communities	Kathy McGrath at 688-2122 (NRRRA office)
<b>Sagastew</b>	Survival Camp	May	Timber Bay, Southend, Weyakwin and Lac La Ronge Indian Band	Joaleen Szeles at 425-4724 (SRRA office)
	Sagastew Track and Field Event	Late May	TBA	Joaleen Szeles at 425-4724 (SRRA office)
	Sagastew Archery Clinic	Late May	TBA	Joaleen Szeles at 425-4724 (SRRA office)
	Summer Day Program/Swimming Lessons	July & August	Various regional communities	Joaleen Szeles at 425-4724 (SRRA office)
	Sagastew Volleyball Clinic	Fall	TBA	Joaleen Szeles at 425-4724 (SRRA office)
<b>Keewatin Yatthe Health Region</b>	Walking for Wellness Program	May to September	Communities within Keewatin Yatthe Regional Health Authority	Geraldine Werminsky at 235-5812 (Buffalo Narrows Health Center)
<b>Population Health Region</b>	Climbing Mount Everest (Workplace Challenge)	May to June	Staff within the Population Health Unit, Mamawetan and Keewatin Yatthe Health Authorities	Claudette Anderson at 425-8526 (Population Health Unit)
<b>Zone 9 Sport Region</b>	Various sport development opportunities to develop coaches, officials and athletes	Ongoing	Communities and regions within Northern Saskatchewan	Kerry Bailey at 425-3127 (Zone 9 office)
	Regional Games and Cultural Festivals	July & August	5 northern regions	Derek Sylvestre at 894-2013 or 425-3127
	Regional Soccer Jamborees	July & August	5 northern regions	Kerry Bailey at 425-3127 (Zone 9 office)
<b>Prince Albert Grand Council Region</b>	Various sport development opportunities to prepare teams for sport games and competitions Treaty Days	Ongoing May - September/06	Communities within PAGC region Communities within PAGC region	Mel Mercredi at 953-7234 (PAGC Recreation) Mel Mercredi at 953-7234 (PAGC Recreation)
<b>Meadow Lake Tribal Council Region</b>	Various sport development opportunities to prepare teams for sport games and competitions Treaty Days Summer Sport Camps – for soccer, softball and golf Intertribal Sport Championships – for soccer, softball and golf	Ongoing May - September/06 July August	Communities within MLTC region Communities within MLTC region Communities within MLTC region TBA	Terrence Sylvestre at 236-5654 (MLTC Recreation) Terrence Sylvestre at 236-5654 (MLTC Recreation) Terrence Sylvestre at 236-5654 (MLTC Recreation) Terrence Sylvestre at 236-5654 (MLTC Recreation)

# NEXT STEPS & CONCLUSION



## *What needs to happen to succeed?*

- The *ACTION PLAN* is shared and discussed within communities and organizations across the north.
- Communities determine goals and actions to increase awareness and participation in physical activity.
- Planned regional and northern initiatives are reported to the NRCC or any of the Regional Recreation Associations to be included in future editions of the Action Plan in September, January and April yearly.
- Partners carry out action steps identified in the plan and continue to encourage and support community/organizational physical activity efforts as needed.
- Northern Physical Activity Roundtable is held annually (November) to evaluate the Action Plan and to determine future priorities and actions.

## *In Conclusion....*

Physical inactivity is a concern and issue that we all share. Whether we see the effects of physical inactivity in ourselves, our families, homes, schools, workplaces, or communities, it is there, and it is real. It is up to each of us to make the effort to be active ourselves, to encourage our friends and family members to be active, and to ensure that opportunities exist in our community that allow all people to be active. Take a look at the people where you live, work and play. Do you think a little activity would brighten their day? Change their mood? Foster productivity? Improve how they feel about themselves? Then ask yourself, am I active enough myself? Do I do enough to support and encourage physical activity in others? Determine one or two things that you can do to be more active yourself and to support and encourage others to be active. Some ideas are:

- Go for a family walk daily after supper
- Play with your kids/grandkids at the park rather than watching them play
- Take advantage of the school gym and the equipment – organize a game, sport, or family time to play
- Walk with coworkers at lunch or during coffee breaks
- Put on an exercise video
- Start a strength training program with a friend
- Join a local committee to help organize activities in the community
- Lead or teach an activity you enjoy to others
- Talk about your progress and how you feel after exercising to motivate others
- Daily activities such as vacuuming, shovelling, cutting grass, cleaning house are considered to be light physical activity
- Aim to add steps to your day instead of eliminating them (i.e. walk to the mail instead of driving)
- Be an *in motion* champion in your home, school, workplace or community to provide opportunities and encouragement for physical activity participation

# JOIN THE MOVEMENT!



## *For More Information...*

Inquiries on the Northern Physical Activity Action Plan, available resources or physical activity in general can be made with your Regional Recreation Association or the Northern Recreation Coordinating Committee (NRCC).

Athabasca Regional Recreation Association – 425-1555

Clearwater Regional Recreation Association – 822-2928

Sagastew Regional Recreation Association – 425-4724

Beaver River Regional Recreation Association – 833-2204

Neyanun Regional Recreation Authority – 688-2122

Northern Recreation Coordinating Committee – 425-3127

*Note: The NRCC and the five northern Regional Recreation Associations are in the beginning stages of amalgamation. In the future, these organizations together will become the Northern District for Sport, Culture and Recreation.*

## *Websites Related to the Action Plan...*

Resources and information on physical activity can be found at [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca)

A copy of the Saskatchewan Population Health Promotion Strategy can be found at [www.health.gov.sk.ca/ic\\_phb\\_hlth-book.pdf](http://www.health.gov.sk.ca/ic_phb_hlth-book.pdf)

For physical activity news, information, and event postings visit the Saskatchewan Physical Activity Council website at [www.spac.sk.ca](http://www.spac.sk.ca)

For more information on the Northern Physical Activity Week visit [www.diabetes.kcdc.ca](http://www.diabetes.kcdc.ca)

Looking for sport, culture and recreation opportunities in northern Saskatchewan? Check out the NRCC's website at [www.nrcc.sk.ca](http://www.nrcc.sk.ca)

The Canadian Association for the Advancement of Women and Sport and Physical Activity encourage females to be more active. Learn more at [www.caaws.ca](http://www.caaws.ca)

Go for Green promotes outdoor physical activities including International Walk to School Week. Visit [www.goforgreen.ca](http://www.goforgreen.ca)

Information related to becoming a group fitness leader can be found on the Saskatchewan Parks and Recreation Association web site at [www.spra.sk.ca](http://www.spra.sk.ca)

## *Available Northern Physical Activity Resources...*

The following physical activity resources have been developed for specific use in northern Saskatchewan. To obtain copies of these resources, contact any of the Regional Recreation Associations or the NRCC.

**Grant List for Physical Activity Initiatives** (a list of funding sources to assist with physical activity initiatives)

**Physical Activity Resource List** (a list of available physical activity programs and resources within Saskatchewan and Canada)

**Physical Activity Presentation Package** (to increase basic awareness and understanding of physical activity recommendations and benefits)

**Physical Activity Presentation Package** (designed to help people develop their own personal physical activity plan)

**Benefits of Physical Activity Brochure** (provides information on the benefits of physical activity and some general information)

# *SPECIAL THANKS*



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