

# PLAY Notes

Volume 1 Issue 13

Winter 2011



Gil Penalosa, Executive Director of 8-80 Cities, captured the imagination of the audience at the Moving ON forum in Owen Sound. See page 2 for details.

## **In This Issue...**

- ◆ **New Physical Activity Guidelines Released**
- ◆ **PLAY Network Updates**
- ◆ **Upcoming Events**



## **PLAY hosts Walkability Forum**

The Grey Bruce Health Unit was bustling with activity on January 19th as the host site of two forums promoting walking and cycling in Grey Bruce. More than 110 participants attended the sessions including elected officials, municipal staff, community organizations and the general public. By bringing attention to this issue PLAY hopes to inspire a shift in the Grey Bruce culture to place emphasis on pedestrians and cyclists ahead of cars. Research indicates that the way communities are constructed goes a long way in determining the health of residents.

Gil Penalosa, Executive Director of 8 – 80 Cities, is an internationally renowned speaker and consultant, and former Commissioner of Parks and Recreation for the City of Bogota (Columbia). An inspiring speaker, Gil captivated the audience with his passionate speech and pictorial examples from around the world. “Grey Bruce is taking an important step toward championing walkability which will surely lead to a healthier, more vibrant region. Choosing to bring people together to share their ideas and experiences of walking in their own communities, is a fantastic way to motivate change.”



PLAY is working to build new partnerships that will influence how we design our communities.

## What's Happening Across Grey Bruce?

### Arran-Elderslie PLAY Network

The Arran Elderslie PLAY Network will be launching into their **Family PLAY Nights** at **Kinghurst Elementary School** beginning the first week of February. The groups run every **Wednesday evening from 6:30—7:30 PM**. All ages are welcome!



### Hanover PLAY Network

The Hanover group has continued with their **Family Fit Fun Sundays**. The "Winter Session" of FFFS continues every Sunday until Feb 27th, from 3-4:30pm at the Hanover Family Centre at the former James A Magee School site. The network also continues to promote the "**Winter PLAY Passport**" and it can be located on the Town of Hanover's website or copies can be obtained through the Hanover Recreation Department. Finally, come PLAY on **Family Day** as Hanover's PLAY committee will be **at the Hanover Aquatic Centre**.



Family Fit Sundays “roll on” in Hanover

## Owen Sound PLAY Network

Three key volunteers have been leading the charge on behalf of the city of Owen Sound. This group has been busy hosting **weekly Free Family Fun Nights** at Hillcrest Elementary School on **Monday nights from 6 p.m. to 7 p.m.** Accept this as your invitation to come and PLAY! You can bring your own equipment or use the equipment provided. During February, children of all ages are welcome, with adult accompaniment, to enjoy free play time and group - led team games. In March, the PLAY Network will be offering sessions of **Kinder Gym for toddlers and preschoolers**, although older siblings are welcome to join the fun.



## Brockton PLAY Network

### *BROCKTON's Winter PLAY Passport*

Brockton Parks & Recreation Department is excited to launch their **Winter PLAY Passport Challenge**. The Brockton Winter PLAY Passport combines fun, free physical activities along with building good eating habits to promote healthy growth and development for kids. On the passport there are links to area programs such as the Ontario Early Years Centre. Winter PLAY Passports were delivered to all local elementary schools and can be downloaded by going to [www.brockton.ca](http://www.brockton.ca).





Participants are encouraged to complete as many of the squares as possible on the passport. A minimum of ten squares need to be completed to submit their PLAY Passport entry form to the Walkerton Community Centre before March 31<sup>st</sup>, 2011. Prizes included an hour ice rental at the Walkerton Community Centre, a youth swim pass for the 2011 season and a \$25.00 gift certificate from the Brockton Recreation Department.

Brockton Parks & Recreation would also like you to **submit pictures of kids at PLAY** to Brockton Parks & Recreation department to be displayed on their promotions board. Pictures can be sent electronically to [recreation@brockton.ca](mailto:recreation@brockton.ca) or dropped off at the Walkerton Community Centre.



# Brockton Winter Play Passport



P	L	A	Y
<p>Help Mom or Dad make a nutritious supper!</p> <p>Share your recipe</p>	<p>Attend a Family Day Event</p> <p>Mon Feb 21<sup>st</sup> /11</p> <p>Watch for more info</p>	<p>Snow forts... Snow people... Enjoy PLAY time in the Snow with family &amp; friends</p>	<p>Optimist Drop In Play Nights</p> <p>Wed's 7-8pm</p> <p>WDSS main gym</p>
<p>Take a favourite Summer sport &amp; PLAY it in the winter... snow soccer, frisbee anyone???</p>	<p>Walk, Snowshoe or Cross Country Ski along the beautiful Saugeen River Trail</p> 	<p>Challenge your Street to a game of Road Hockey</p>	<p>Bring In the New Year at Brockton's Family Skate Party</p> <p>Fri Dec 31<sup>st</sup></p> <p>6:30pm -8:00pm</p> 
<p>Go Skating Check out <a href="http://www.brockton.ca">www.brockton.ca</a> for dates &amp; times!</p>	<p>Turn off the Screens Tuesdays</p> <p>Can you identify 5 trees without their leaves?</p>	<p>Try a new healthy snack &amp; let us know what you thought</p>	<p>What about a Winter Walk &amp; add stargazing</p>  <p>Take a flashlight</p>
<p>Ontario Early Years Programs for children birth -6 yrs of age are FREE!</p> <p>Visit <a href="http://www.brucecounty.on.ca/childcare.php">www.brucecounty.on.ca/childcare.php</a></p>	<p>You pick a way to PLAY &amp; send us a picture!</p> 	<p>Add Family PLAY to your calendar same day &amp; time each week</p> <p>visit <a href="http://www.playbrucegrey.com">www.playbrucegrey.com</a> for activity ideas</p>	<p>Shovelling Anyone? Surprise someone by clearing a path or a drive way</p> <p>It can be a Family workout!</p>



**How to Play:** Complete as many squares as you can!

A minimum of 10 squares need to be completed to be entered for a prize -1 prize /person - Prizes will be awarded through a random draw \*\*\*Return entry form( or any pictures) to\*\*\*

Brockton Parks & Recreation Department, 290 Durham St W, Walkerton, NOG 2V0 by March 31<sup>st</sup>, 2011


Call 519-881-0625 for more info or visit [www.brockton.ca](http://www.brockton.ca)

**PRIZES** (all prizes to be redeemed by Dec.31, 2011)

1<sup>st</sup> Prize: (1) one hour Ice Rental

2<sup>nd</sup> Prize: (1) one youth 2011 Swim Pass

3<sup>rd</sup> Prize: \$25.00 Brockton Recreation Gift Certificate

**Winter Play Passport Entry Form** 

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

List -10- PLAY activities you participated in:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_

7. \_\_\_\_\_ 8. \_\_\_\_\_

9. \_\_\_\_\_ 10. \_\_\_\_\_

## Meaford PLAY Network

The Meaford PLAY has been quite busy undertaking several tasks over the winter months. The Network has ongoing **gym time at Meaford Community School** (see advertisement below for upcoming events). The group has also taken steps to launch a **twice weekly walking group** at the Community Centre. This group will meet **Tuesdays and Thursdays from 9 — 11 AM**. If well received this group will continue into March. Planning is also underway to host a **Bicycle Rodeo** within the community in the spring.

Another big project for the group has been piecing together a **Healthy Communities Fund grant application**. If successful, the funds would support the training of youth ages 10-14 as Leaders in Training. These youth would receive support throughout the year and would eventually work with younger students in the community. Funds from the application would also support events on International Youth Day in August and the Youth Summit held in November.

**So you think you can dance?**

**Want to have fun for FREE?**

**YOUTH HIP HOP**

**DROP-IN**

**Grades 4,5,6**

**Mondays from 6:30 to 7:30 pm**

**Meaford Community School Gym**

**Feb 7, 14, 28, Mar 7**



*your way, every day*



**For more information contact:**

**Lorene Taylor, 519-538-4193**

## South Bruce Peninsula PLAY Network

Much of the work of the PLAY Network and Recreation Department in 2010 was spent supporting the launch of the **Yellow Bike Program** in the municipality. A total of 84 visitors signed out one of the six of the yellow bikes at the Warton Train Station and the one bike at the Sauble Information Centre during the 2010 season. There are hopes to have more bikes available for next season as the popularity grows. The staff and students at PSDS made the program a core piece of their Design and Technology curriculum in the 2009-2010 school year. They continue to repair unclaimed bikes provided by the local OPP detachment. During the summer, Don Crain and his staff take care of any maintenance on the bikes.



## The Town of the Blue Mountains PLAY Network

The Town's PLAY Network has been busy promoting PLAY as seen below at the Youth Summit in Meaford...



and facilitating an **indoor walking group** at the Thornbury arena. See next page for details.



Town of the Blue Mountains  
**WALKING GROUP!**



Sponsored by  
The Town of the Blue Mountains  
and  
***PLAY*** in Bruce Grey

When: Monday and Thursday mornings

Time: 9:30 - 11:00 a.m.

Location: Main Hall - Beaver Valley Community Centre

Intended for all ages and all abilities!

- Track your distance
- Meet new friends
- Enjoy long-term results!

For more info, please contact Peter Magee  
at [pmcgee@thebluemountains.ca](mailto:pmcgee@thebluemountains.ca)



[www.playbrucegrey.com](http://www.playbrucegrey.com) ~ [www.thebluemountains.ca](http://www.thebluemountains.ca)

## **PLAY Dates!**

**May 11th** - Location — TBD

9:30 – 12:00 PLAY in Bruce Grey Network meeting

Special Guest Presentation by ParticipACTION



**February 12**                      Hockey Day in Canada

**February 21**                      Family Day

**March 14 — 18**                  March Break

**April 25 — May 1**              Turn Off the Screens Week

**Spring 2011**                      Community Walkability Audits

**June** is Parks and Recreation Month [www.recandparksmonth.ca](http://www.recandparksmonth.ca)

**August 12**                          International Youth Day

The “**new**” **Canadian Physical Activity Guidelines** have been released by the Canadian Society of Exercise Physiology. The updated guidelines are evidence-based and reflect four years of research. CSEP reports that the new guidelines should be viewed as a minimal target and indicate that more is better. The guidelines recommend the following activity levels:

For health benefits, children **5 – 11 years** should accumulate at least **60 minutes** of moderate to vigorous physical activity **daily**.

For health benefits, youth **12 – 17 years** should accumulate at least **60 minutes** of moderate to vigorous physical activity **daily**.

To achieve health benefits, adults aged **18 — 64 years** should accumulate at least **150 minutes** of moderate to vigorous aerobic physical activity **per week** in bouts of 10 minutes or more.

To achieve health benefits and improve functional ability, adults aged **65 years and older** should accumulate at least **150 minutes** of moderate to vigorous aerobic physical activity **per week** in bouts of 10 minutes or more.

For more information visit [www.csep.ca](http://www.csep.ca)

**IN THE NEWS... (<http://www.canada.com/health/Canadians+meet+recommended+activity+guidelines+StatsCan/4132187/story.html>)**

## **FEW CANADIANS MEET RECOMMENDED ACTIVITY GUIDELINES:**

OTTAWA — Fewer than two out of every 10 Canadians are meeting the most up-to-date guidelines for physical activity, according to a Statistics Canada study. Just 15 per cent of adults are meeting the latest proposed guidelines in Canada for averaging 2 1/2 hours per week of moderate to vigorous activity. For children, just seven per cent are achieving the benchmark of at least one hour of activity per day.

Males were shown to be more active than females. For adults, 17 per cent of men were meeting the guidelines for physical activity, compared to 14 per cent of women. Among children, nine per cent of boys were as active as official guidelines say they should be, compared to four per cent of girls. "Regular physical activity is associated with a reduced risk of cardiovascular disease, some types of cancer, osteoporosis, diabetes, obesity, high blood pressure, depression, stress and anxiety," Statistics Canada said in its report.

The federal agency said the measures were taken between 2007 and 2009 and included Canadians between the ages of six and 79. This study, called the Canadian Health Measures Survey (CHMS), used electronic tracking devices — or accelerometers — to track activity among a "representative sample of Canadians." In the past, efforts to gauge Canadians' activity levels have relied on self-reporting. It is noted that in 2009, more than 50 per cent of Canadians reported themselves to be at least "moderately active," which it added does not seem to be in accordance with rising obesity rates in the last 25 years.

The Statistics Canada study found that adults spend an average 9.5 hours a day in "sedentary pursuits," or activities that involve sitting down with little activity, such as watching television. That amounts to 69 per cent of their waking hours. Children and youth were found to spend an average 8.6 hours a day in a sedentary state, or 62 per cent of their waking hours. That average rose to nine hours a day for teenagers between 15 and 19.

He added that it would help if cities and buildings were designed in ways in which healthy choices weren't always the more difficult ones. "We have engineered an environment that allows us to routinely move through our day without moving — excuse the pun — too much," he said. Fitness-advocacy group ParticipAction said it is "concerned" about the latest data from Statistics Canada. "We have a physical-inactivity crisis in Canada," ParticipAction president Kelly Murumets said in a statement. "It is urgent that all Canadians take action so that we can reverse this dangerous, societal trend."



## **PLAY joins ParticipACTION Partner Network**

The PLAY in Bruce Grey physical activity initiative is pleased to join the ParticipACTION Partner Network (PPN). The PPN is a robust network of not-for-profit and public-sector organizations dedicated to physical activity and sport participation. ParticipACTION's belief is that the PPN will not only help support the work of individual member organizations, but will strengthen the physical activity and sport participation sector in Canada. The PPN is a formalized mechanism through which:

- ◆ ParticipACTION can marshal resources and deploy these resources to PPN members in support of the delivery of initiatives to address the physical inactivity crisis.
- ◆ PPN members can build a community of practice related to physical activity through collaboration and communication between stakeholders.
- ◆ ParticipACTION can facilitate the coordination of communications and knowledge exchange across Canada, to ensure clarity of message to the general public and to help build capacity of member organizations.

Stay tuned for updates on this growing partnership and join us on May 11th as ParticipACTION will join our next PLAY Network meeting and speak about the possibilities of this partnership.