



- ◆ 88% of Canadian children and youth are not meeting national physical activity guidelines (CFLRI CAN PLAY 2007-2009), which suggests they are also not engaging in sufficient amounts of active play.
- ◆ Yet 74% of a group of children in Ontario said that if they were allowed to decide, they would choose to do something physically active after school (Canadian Assessment of Physical Literacy Study, 2009).

**We would like to recognize the following organizations that are part of Active Halton**

Full Circle Judo Club  
 Conservation Halton  
 Living Well Pilates  
 Conscious Weight Loss  
 Halton Multicultural Council  
 Town of Oakville  
 While You Wait  
 Food For Thought  
 Town of Milton  
 Halton Region Health Department  
 Just Play Sports Services  
 Blast  
 Hartmans Community Centre  
 Halton Health Care Services  
 Canadian Mental Health  
 Cedar Springs Health, Racquet and Sportsclub  
 Burlington Cycling Committee  
 8-80 Cities  
 Halton Hills Family Health Team  
 Halton Health Care Services  
 Mississauga Halton Falls Prevention Initiative

YMCA of Oakville  
 Ministry of Health Promotion  
 ParticipAction  
 Our Kids Network  
 Halton District School board  
 Halton Support Services  
 Oakville Sports Council  
 Canadian Diabetes Association  
 City of Burlington  
 Just Play Sports Services  
 Write Communications  
**Fresh Food Box**  
 Baptist Community Homes  
 Town of Halton Hills  
 Kicks For Kids Martial Arts  
 Body in Motion  
 Halton Multicultural Council  
 Wui Nui Outrigger  
 Choices for Health  
 Burlington Sport Alliance  
 Burlington Gymnastics

\* New partnerships

**Halton Diabetes Program**

**We would like to thank the following organizations for their continued support over the past year**



**BLUEPRINT FOR ACTION  
 PROGRESS REPORT  
 2009/2010**

**We connect, engage, and inspire  
 the Halton community to be active.**

[www.activehalton.ca](http://www.activehalton.ca)



- ◆ In Canada, 27% of 2- to 3-year-old toddlers and 23% of 4- to 5-year-old preschoolers are exposed to more than 2 hours of screen time per day (NLSCY 2004-2005).
- ◆ Limit daily TV watching to less than 1 to 2 hours a day. Remember less is best when it comes to screen time. Use your free time for other family activities—reading, visiting museums, walking, biking, or whatever you enjoy (CPS - Canadian Pediatric Society)

**2009 –2010**

**Actions**

**Status**

- ◆ Host an educational session
  - Clear language workshop
  - Fitness Leader Training
  - Physician Education
 – completed
- ◆ 9 new members recruited – completed
- ◆ Position papers & Key messages – completed
- ◆ Active and Safe Routes to School – In process (endorsement of program)
- ◆ Pedestrian Charter (all four municipalities) Region charter approved Nov 09 – completed
- ◆ Physical activity workplace policies – In process (2)/one confirmed
- ◆ Assessment of learning needs – completed
- ◆ Design a social marketing campaign – In process
- ◆ Strategic Planning for the future of Active Halton – In process (completion July 2010)
- ◆ Planning major event for 2010/2011 (walking promo) – completed
- ◆ Website additions – completed
- ◆ Update FAIR Guide – completed
- ◆ Members received relevant information to improve work (24 reports) – completed

**Moving Forward**

All moving forward initiatives of Active Halton have been taken from the Blueprint for Action and the Ontario Trillium Foundation deliverables.

- ◆ Increase physical activity levels by 20%
- ◆ Finalize Strategic Plan and Action Plan 2011-2016
- ◆ 10 media articles
- ◆ Delivery of a social marketing campaign
- ◆ 15 physical activity policies in workplaces
- ◆ 6 quick responses to media coverage of physical activity issues.
- ◆ Point of decision prompt signs
- ◆ Promote Walkability Tool Kit
- ◆ Address policy change and development
- ◆ Promote formal Listserv



**New Physical Activity Recommendations**

**Older Adults (over age 65)**

**How much and how often?**

- ◆ Older adults should get at least 150 minutes/week of moderate intensity physical activity (such as brisk walking, biking or water aerobics). This can be achieved in a variety of ways, for example 30 minutes, five days a week. Activity can be broken into shorter bouts at least 10 minutes long.
- ◆ If activity is vigorous (such as jogging, fast swimming or fast dancing), health benefits can be achieved with 90 minutes/week.
- ◆ In general, the more time spent being active and the more intense the activity, the better. However, only those who are used to being active should engage in vigorous activity.

**What kind?**

- ◆ The physical activity should be mostly aerobic, and should include muscle and bone strengthening activities two days a week, and flexibility and balance training activities 4 to 7 days a week to prevent falls and facilitate independent living.
- ◆ Some examples of muscle and bone strengthening activities include lifting, carrying, curling, heavy gardening and weight training. Some examples of flexibility and balance training activities include Tai Chi, curling, stretching or walking on uneven surfaces such as forest trails. *The Canadian Society for Exercise Physiology (CSEP) and ParticipACTION*

**Health Canada’s Existing guidelines – Older Adults (over age 55)**

- ◆ Accumulate 30 to 60 minutes of moderate physical activity most days of the week.
- ◆ Include endurance activities 4 to 7 days per week, strength and balance activities 2 to 4 days per week and flexibility activities daily.