

Mothers in Motion

“Promising or Best Practices In Physical Activity Programming for Women of Low Socioeconomic Status”



New Brunswick

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program Contact Name and Information
<p style="text-align: center;">Active Kids</p> <p style="text-align: center;">(Provincially funded)</p>	<ul style="list-style-type: none"> The aim of the program is to increase the opportunities for daily, quality physical activity for young children and the adults around them. There is a Toolkit and a training workshop designed specifically to meet the needs of the parents, caregivers and other adults that want to enhance the physical activity experiences for young children. It is currently delivered in most Family Resource Centers (FRCs) in New-Brunswick; there are 13 FRCs that have approximately 80 outreaches in NB. 	<p>Unsure</p>	<ul style="list-style-type: none"> This program shows families the importance and enjoyment of physical activity. The toolkit provides ideas of activities and materials to parents in order to encourage physical activity. Sessions are a means of spending quality time between parent and child. 	<p>Anna-Marie Hayes, Chair</p> <p>New-Brunswick Association of Family Resource Centers</p> <p>110 Richmond St. Unit 1 Woodstock, NB E7M 2N9</p> <p>Woodstock@frc-crf.com P: (506) 325-2299</p>
<p style="text-align: center;">Collective Kitchens</p>	<ul style="list-style-type: none"> This program consists of a series of educational activities focusing on nutrition and budgeting. One learns cooking skills and methods of preparing nutritious and economical meals. Many FRCs deliver this program. 	<p>Yes</p>	<ul style="list-style-type: none"> The program promotes healthy eating and educates parents (mostly mothers) on how to prepare nutritious economical meals for the family. 	<p>NOTE: FRCs deliver programs to many participants such as single parents - mothers in particular, parents geographically isolated and/or with low income, immigrants, etc.</p>
<p style="text-align: center;">Nutrition sessions</p>	<ul style="list-style-type: none"> Sessions on nutrition are provided by a dietician, nutritionist or public health nurse as part of the various programs offered by Family Resource Centers; many of the programs target mothers with newborns. 	<p>Yes</p>	<ul style="list-style-type: none"> Sessions provide valuable information to parents on nutritional foods, and also offers practical tips and advice on how to encourage healthy eating habits are provided by a nutrition specialist. 	

Baby at the Pool	<ul style="list-style-type: none">• Baby at the Pool is for parents and children from 4 months to 2 years old.	Yes	<ul style="list-style-type: none">• This program gives the opportunity to parents to do physical activity in the pool with their child while also socializing with other parents.	Thérèse McLaughlin, Executive Director <i>Centre de ressources familiales de Kent</i> 21, rue Renaud Richibucto, NB E4W 4G8 richibucto@frc-crf.com P: (506) 524-9192
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Nova Scotia

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>GreenGym</p>	<ul style="list-style-type: none"> It provides an amazing concept of “free fitness membership” for all community members. By placing GreenGym facilities in public areas, everyone can come and use the outdoor fitness as much as they like. 	<p>N/A</p>	<ul style="list-style-type: none"> Although there are many private providers of programs and fitness facilities, ‘cost’ and ‘access to quality facilities’ are two major contributing factors to the low participation rates. Unfortunately private indoor gyms are not for everyone. We know that obesity is more prevalent in lower socioeconomic groups and that these groups are not able to afford a paid subscription for a commercial fitness centre. Outdoor free gyms offer creative solution to this problem. In addition, other programs leaders can use GreenGym facilities as part of their program development and/or implementation plan. 	<p>Guy Chaham Executive Director</p> <p>GreenGym - Outdoor Fitness Experience</p> <p>10-118 Wyse Road, Suite 126 Dartmouth, NS B3A 1N7, Canada</p> <p>P: (902) 469-1511 F: (902) 469-0373</p> <p>www.GreenGym.ca</p>
<p>Making Healthy Choices</p>	<ul style="list-style-type: none"> Developed in a rural Hants county, the program is a partnership between a CAPC/CPNP project, Public Health and Sun Root Farm. Upon receiving funding from Public Health, the project bought 5 full shares in community shared agriculture, enabling extremely high need families to receive fresh, locally grown produce during the growing season. Seven families were able to participate this year. CAPC/CPNP project was responsible for delivery. Sun Root Farm also delivered workshops on preparing and preserving the produce. 	<p>Unsure</p>	<ul style="list-style-type: none"> This program has created a unique partnership between Public Health, CAPC/CPNP participants and a local farm. It is also making a difference in the dietary practices of the participating families. 	<p>Debbie Reimer, Executive Director</p> <p>Annapolis-Valley Hants Community Action Program for Children</p> <p>P.O. Box 893 Kentville, NS B4N 4H8</p> <p>kidsaction@xcountry.tv P: 902-582-1375</p>

Nova Scotia – Halifax

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Family Kitchen Program,</p> <p>Bowling, swimming and yoga programs</p>	<ul style="list-style-type: none"> • This is a program where children and parents prepare nutritious foods together to promote healthy, economical eating practices. • This CAPC project also has developed community partnerships that allow them to offer bowling and swimming offsite once a week as well as onsite yoga twice a month for participants. 	<p>Unsure</p>	<ul style="list-style-type: none"> • Parents and children are given an opportunity to discuss and prepare a healthy, nutritious meal, in a cost effective manner. • Families are introduced to foods they traditionally may not have known how to prepare and utilize in their diets. • Participants are able to attend physical activity programs in their community at no cost on a regular basis. 	<p>Deborah Rawding</p> <p>Parent 'n Tot Meeting Place</p> <p>3524 Dutch Village Road, Halifax, NS B3N 2S1</p> <p>deborahrawding@hfx.eas.tlink.ca</p> <p>P: 902-443-9569</p>

Newfoundland

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Just for Kicks Soccer Program</p>	<ul style="list-style-type: none"> We are pleased to offer this new ladies program as a recreational fun soccer program for women 25 years and older. Come out and join the fun!! 	<p>N/A</p>	<ul style="list-style-type: none"> Fees are waived for women who cannot afford the program registration. The program is located next to a playground so women can bring their kids. The program runs on Sundays to avoid and/or reducing conflict with kids programming. 	<p>Jill Brewer, Director</p> <p>City of St.John's Department of Recreation</p> <p>P.O. Box 908 St.John's, NL A1C 5M2</p> <p>P: 709-576-8405</p> <p>www.sjys.ca</p>

Alberta

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>P.A.C.E</p> <p>Penhold Adult Class (for) Exercise</p>	<ul style="list-style-type: none"> We meet each Thursday at the local town hall and exercise. We leave it open to both men and women but we have not seen one man yet! 	<p>No</p>	<ul style="list-style-type: none"> We get a discounted price for the hall rental and run the program with only a toonie charge. The women love it, and it is affordable! After saving our toonies, we have had professional belly dancers, yoga instructors etc., come in as a treat for our group! 	<p>Leanne Worr, Recreation & Events Coordinator</p> <p>The Town of Penhold</p> <p>P: (403) 886-5464</p>

New Brunswick & Ontario

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Buns in the oven</p>	<ul style="list-style-type: none"> • Program that provides you with support, fun, helpful information about nutritious cooking and eating, and the chance to get to know other young women who are having babies. • You begin the program while you are pregnant and continue until your baby is six months old. • When you meet with the other young women, you cook a nutritious meal and eat together. • Other activities include guest speakers, games, collecting recipes and time to chat. Dietitians are available during the program to answer your questions and provide parenting and health tips. • Milk coupons, food to take home and bus tickets are available weekly. 	<p>Yes</p>	<ul style="list-style-type: none"> • The program received long-term funding from the Public Health Agency of Canada. • It is a free drop-in program that attempts to eliminate or minimize the conditions of risk pregnant women and young children and their families. • Comprehensive program where many services are provided: food supplementation, nutritional counseling, support, education, referral and counseling on health and lifestyle issues. • Programs are located in the community where it is accessible for mothers. i.e. St-Mary's Home, Sandy Hill Community Health Centre in Ottawa. 	<p>Buns in the oven</p> <p>Coordinator at St-Mary's Home</p> <p>P: (613) 725-5152</p>
<p>Brighter Futures</p>	<ul style="list-style-type: none"> • For Children of Young Single Parents provides programs and services for pregnant teens and young/single parent families with children age 0-5 years old. • Offers counseling, support and referral on child development and parenting issues. 	<p>Yes</p>	<ul style="list-style-type: none"> • Programs are free of charge. • Open and welcoming to all participants ideas. • Bus tickets, snacks and childcare are included. • Non-judgmental environment, • Opportunity to meet other young parents in similar circumstances. • Support and referral today, tomorrow and later. • Open invitation to return whenever you want. • Flexible program to meet specific needs. 	

British Columbia - Victoria

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Recreation Centre Orientation for New Mothers</p>	<ul style="list-style-type: none"> We run a series of sessions for new mothers and their infants up to 6 months of age. In each series, we walk with the participants and their infants, as well as partners and/or support people, over to the Recreation Centre where the staff conducts an orientation on programs and services available and their subsidy program – L.I.F.E (Leisure Involvement for Everyone). L.I.F.E is an income-based subsidy program wherein individuals and families get a coupon and/or or punch cards for free or reduced cost programs. We also orient the participants to the Mom & Baby Programs and the Fitness/wellness Centre. 	<p>No, however there has always been very positive feedback to the orientation.</p>	<ul style="list-style-type: none"> We have found that most clients do not know about the Recreation Centre - even if they live 2 blocks away, have never used it, and did not know what it had to offer. Most clients also did know about the LIFE program and reduced rates. 	<p>Diana Bosworth Esquimalt Neighbourhood House Victoria BC A CPNP and CAPC site dbosworth@enh.bc.ca</p>
<p>Orientation to L.I.F.E Program for all participants with children up to 5 yrs of age</p>	<ul style="list-style-type: none"> As part of our drop in programs for parents/caregivers with children up to 5 yrs age, we conduct an orientation and referral to the L.I.F.E. Program at the Recreation Centre. We also review the Recreation Centre’s seasonal program guidebook, particularly the adult wellness activities, and the preschoolers and family programs. 	<p>No</p>	<ul style="list-style-type: none"> We have found that most clients do not know about the Recreation Centre - even if they live 2 blocks away, have never used it, and did not know what it had to offer. Most clients also did know about the LIFE program and reduced rates. 	

British Columbia – Burn Lake/Aboriginal

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Spirits of Burn Lake</p>	<ul style="list-style-type: none"> We are an aspiring team of young and girls. We like to play hockey and we want to encourage this as a healthy pursuit in others. Our mandate and goal is to encourage and empower young women to make healthy choices, to become healthy and influential role models for other young women in the community, and to form lifelong healthy friendships through the game of hockey. 	<p>Yes</p>	<ul style="list-style-type: none"> Increased physical participation by young women in the community. Increased team building and friendships are evident. Increased fitness levels and decreased obesity rating in young women. Decreased drug and alcohol abuse in the community. The young women are featured in the local community newspaper. More parents are engaged was mentors to the youth. We form lasting relationships with others in the community. Young women are playing hockey regularly and having fun. The girls come back next year and bring a friend. 	<p>Spirits of Burns Lake™ Girls Hockey</p> <p>P.O. Box 41 Burnslake, BC VOE 1E0</p> <p>P: 250 -692 -3172 P: 250 -692 -3962 P: 250 -692 -9111</p> <p>spiritofhockey@yahoo.com</p>

Ontario - Hamilton

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Woman Alive!</p>	<ul style="list-style-type: none"> • Woman Alive! is a no cost barrier free (child minding, bus tickets, running shoes, prizes, pedometer loans, privacy blinds, snacks, health discussions, language support) physical activity/health information program for low income and culturally diverse women age 18 years + residing in the city of Hamilton. • 3 series/year at 5 locations. 2 physical activity sessions/week (aqua fit, aerobics, circuit training, yoga, kickboxing- dependent on location). • The program started in Hamilton 6 years ago (based on program of same name in Ottawa) at one location (YWCA Hamilton). In last 2 years has expanded dramatically with growing community partnerships, in-kind contributions and external funding. 5 current series (1 for Chinese women with language support, 1 geared towards South Asian women, also with language support). 100+ women registered/series. • Extensive involvement of Women Health Educators from the Chinese, Arabic, Vietnamese and South Asian communities. One program instructor is a former Woman Alive! participant. • Up to 20 program participants will begin training in February, 2008 to become certified in 	<p>Yes.</p> <p>In 2006, pre, post and 3 month follow-up questionnaires were completed with 2 program series at one location; Evaluation Report available.</p> <p>Questionnaires look at physical activity, self esteem, health behaviour outcomes for the participants.</p> <p>Currently, 2 culturally specific (Chinese and South Asian) series run in the Fall of 2007 are being evaluated in the same way, with translated evaluation tools (for the CIAF grant -report due June/08).</p> <p>The PPADEC</p>	<p>The strength, commitment, and contributions of the community partnerships, as well as the extensive involvement of the Women Health Educators has meant:</p> <ul style="list-style-type: none"> • Rapid expansion into the community; • Increased accessibility for low income and culturally diverse women throughout the community, dramatically increasing demand for the program; • Greater commitment to the program from participants, increasingly diverse participant makeup. • Our ability to extensively support, the involvement of the Women Health Educators in being part of the Woman Alive program (as participants, as fitness leader trainees), means that we are able to engage culturally diverse women that we would never otherwise be able to. • It is a unique and successful peer/professional model, which is successfully engaging the hard to reach. • We continually work to ensure that the program is barrier free (i.e. even eliminating the requirement for income verification). • The program is making a difference in women's lives: skill development, improvements in health and well being, stress management, self esteem, confidence, mental and emotional health, and the adoption of healthy lifestyle behaviours. • The benefits of being a program participant also has a positive impact 	<p>Ann Stanziani, Public Health Nurse</p> <p>City of Hamilton, Public Health Services, Healthy Living Division</p> <p>71 Main St. W (Upper Ottawa office). Hamilton, ON L8P 4Y5</p> <p>P: 905 546 2424 ext.2778 Fax: 905 546 3658</p> <p>astanzia@hamilton.ca</p>

	<p>group and aqua fitness leadership through the YWCA.</p> <ul style="list-style-type: none"> • Linked with PPADEC project (Promoting Physical Activity Among Diverse Ethnocultural Communities) (McMaster University). • Development of walking groups to be implemented by Spring, 2009 at each of the locations. Community partners: the City of Hamilton (Public Health Services, Recreation Department), YWCA Hamilton, Ontario Early Years Centres, Hamilton East Kiwanis Boys' & Girls' Club. • Funding through: Healthy Living Hamilton, Ontario Trillium Foundation, Ministry of Health Promotion (Communities in Action Fund), United Way of Burlington & Greater Hamilton, Zonta Club of Hamilton 1, Public Health Services. Other partnerships: Around the Bay Road Race, Chatelaine Magazine, McMaster Women's Health Initiative. 	<p>project will do an in-depth evaluation of the Chinese series beginning in February, 2008. All series participants also complete a process evaluation at the end of each series.</p>	<p>on their children and families.</p> <ul style="list-style-type: none"> • The environment is supportive and non-judgmental. All participants are welcomed and encouraged to meet and maintain their goals. 	
<p>Feel the Power Feel Fit Club at Main Hess Recreation Centre (Sister Club)</p>	<ul style="list-style-type: none"> • Group based support program targeting women to increase their physical activity levels. • The parent Club was developed in 2003 and continues to run in the community. • The Club was expanded to Main Hess in June 2007. • Please visit our website for additional information: www.doitwell.ca 	<p>An outcome evaluation (focus group) was conducted on the parent Club in 2006. An informal brainstorming meeting took place in August 2007 to assess the needs of participants at Main Hess</p>	<ul style="list-style-type: none"> • The free program makes a difference in the physical activity levels of the women. • The program motivates and encourages participation in a supportive manner via monthly meetings and daily encounters. • Women are also supported by their peers. • By expanding the program to the Main Hess community, barriers to participating in physical activity have decreased such as access, transportation, and cost. 	<p>Louanne McClemon Main Hess Recreation Centre, City of Hamilton, Community Services P: 905-546-2424 x 2012 lmcclemo@hamilton.ca</p> <p>Gail Dowling City of Hamilton, Public Health Services P: 905-546-2424 x. 7174 gdowling@hamilton.ca</p>

Ontario

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Shape Your Life</p>	<ul style="list-style-type: none"> • A recreational boxing program for women and trans people who are self-identifying survivors of violence. • The program began in the fall of 2007 and is a partnership between The Toronto Newsgirls Boxing Club, Opportunity for Advancement, Jessie's Centre for Teenagers and Brock University. • Shape Your Life is a one-year project funded by the Ministry of the Attorney General. 	<p>N/A</p>	<p>N/A</p>	<p>Cathy van Ingen, PhD Assistant Professor Department of Physical Education and Kinesiology</p> <p>Brock University 500 Glenridge Ave., St. Catharines, ON L2S 3A1</p> <p>P: (905) 688-5550 ext. 4981 Fax: (905) 688-8364</p> <p>cathy.vaningen@brocku.ca</p>

Ontario - Windsor

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Ice Skating - All Saint Anglican Church</p>	<ul style="list-style-type: none"> The church provides ice skates at no charge to anyone who asks. The church is situated in downtown Windsor across the street from a free open air, artificial ice rink. The ice rink is walking distance for one hundred people living in city housing. The church is on a bus terminal and low rent housing area. The church is known for its outreach activities. All volunteers staffed. 	<p>No</p>	<ul style="list-style-type: none"> Last year we had 350 pair of skates, loaned out for the season to 400 people. Many low-income children and their parents use them. Number of women 25-45 years old using the skates is probably less than 10%. We believe getting girls active in winter is a step forwards your goal of promoting active living among women. Most parents who attend the organized weekly family programs are obese. They have requested to do organized physical activities. We are in need of ideas and suggestions for LSES, what is being done and what works for a rural population in terms of no transportation and childcare opportunities. 	<p>Lorna Firh Connection (CPAC) Lanark County 613-256-1031 ext. 30 lorna@connectionsprogram.ca</p>

Ontario – Ottawa

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
Break a Wave	<ul style="list-style-type: none"> This program is for children (ages 4-12) of mothers who are participating in the Wednesday Evening aerobic class. 	N/A	<ul style="list-style-type: none"> Mothers know that they can be active, while their children are also active and fun in a safe environment. The children are supervised by a certified lifeguard. The children participate in the public swim for free. 	Kanata Leisure Centre P: 613-580-6744
Woman Alive / Femme active	<ul style="list-style-type: none"> Designed to provide affordable physical activity programs to women with limited income in order to increase their capacity to care for their own health and the health of their family. The program promotes, coordinates and implements heart/other health topics (diabetes, cancer, osteoporosis, personal safety, CPR, First-Aid) for low income women offered in partnership with community agencies to provide opportunities for affordable physical activity, healthy lifestyle information and socialization for women to network amongst each other. The program is offered at 4 Parks and Recreation sites: Jack Purcell, Plant, Kanata, Foster Farm and one French site at Overbrooke Forbes. Furthermore, some participants have been trained through the years to become fitness leaders themselves and lead Woman Alive /Femme active groups. Their training and equipment was funded by Women Alive programs. 	Yes. Initial, mid-term and final evaluations have been conducted.	<ul style="list-style-type: none"> Ottawa Public Health works in partnership with Parks and Recreation to deliver this affordable program to recreation facilities where transportation is accessible and daycare provided for free to program participants. The program has a huge impact on these women's overall health. No income proof needed to register, only on the self reported Low income Status. Participants pay what they can afford (i.e. 1 loony) and when they can afford. Instructors are often a bit older and have the "real" people look. Some have also been participants of the program and received some the YMCA training and support to become fitness leaders. Promotes conditions of equality on the basis of race, ethnicity, income, gender, official language and ability. Promotes safe behaviors and injury prevention. 	Nathalie McKenna Public Health Nurse/Infirmière en santé publique City of Ottawa/Ville d'Ottawa Community and Protective Services/ Services communautaires et de protection 100 Constellation Cres., 7th floor Ottawa, ON K2G 6J8 P: 613-580-6744 x23451 Nathalie.McKenna@ottawa.ca

<p>Woman Alive for Multicultural Women</p>	<ul style="list-style-type: none"> • Increase physical activity of LSES women throughout various modes of organized aerobics and/or aqua-fitness and/or fitness classes. • Classes offered in immigrant mother tongue and offered by community members that have been trained to become fitness leaders. 	<p>Yes</p>	<ul style="list-style-type: none"> • To reduce the financial barrier in accessing physical activity and providing access to a recreation facility for the women and their family. • This is an example of program working with multiple partners in providing services to low socioeconomic status women. i.e. Partnership with Recreation Centre, Ottawa Public Health, Regional Heart Beat (Trillium Funding) and Multicultural Health Coalition and their Associations in Ottawa. • Programs are delivered in a cultural sensitive way by community members that the participants can associate themselves with. 	<p>Abebe Engdasaw Multicultural Health Manager City of Ottawa/Ville d'Ottawa 613-580-6744</p>
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<p>Female Only Swim</p>	<ul style="list-style-type: none"> • An unstructured swim designed for females only and their children - boys over the age of six are not permitted. • Adult females do not have to bring a child to these swims. • The sessions offer an opportunity for the women to get active, possibly with their daughters (since the program allows girls to participate as well). • This program allows the mothers to be active role models for their daughters in a non-traditional way. 	<p>Yes</p>	<ul style="list-style-type: none"> • Since swimming is an excellent way to get active, the women can start to become physically active in a safe, non-threatening environment. • This is the most popular swim for this pool. It consistently has approximately 60 in the pool each Friday night. • Those who are uncomfortable in the water can wear a lifejacket and register for women only swimming lessons that run just before the Leisure Swim. • Challenges for the Pool that have been overcome: <ul style="list-style-type: none"> • Curtains/blinds have been purchased and installed to keep the pool restricted to women only. • The change rooms for men and families are locked during the whole swim. • All staff are female only and have been trained to deal with many low swimming abilities. They also ask hesitant swimmers to complete a swim test to see if they should require a lifejacket or not. They also patiently enforce the safety rules and precautions of the pool. • Swimsuits are enforced by the lifeguards but since some women are more comfortable coming in long shirts and/or shorts, they are allowed to wear them over top of their swimsuits. • Larger lifejackets have been purchased to accommodate the amount of women who need them. 	<p>Caroline McGarrity, Area Recreation Supervisor</p> <p>Sawmill Creek Community Centre and Pool</p> <p>P: 613-521-4092 caroline.mcgarritty@ottawa.ca</p>
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<p>Women Only Swimming Lessons (Level 101, 201, 301)</p>	<ul style="list-style-type: none"> • Level 101: This introduction to the water is perfect for those with little or no water experience. Participants will work towards 15m swims on their front and back and will become comfortable entering and exiting the water as well as supporting themselves at the surface. Participants will learn the skills needed for stroke development. • Level 102: This intermediate level will teach swimmers the three fundamental swimming strokes: Front Crawl, Back Crawl and Breaststroke. Participants will develop swimming endurance and learn useful entries including dives and rolls. • Level 103: this level is perfect for those interested in more than just the basics. Participants will fine tune their swimming strokes and improve their endurance and efficiency in the water. Participants will learn the ins and outs of swimming for fitness, and swimming for life. 	<p>Yes</p>	<ul style="list-style-type: none"> • The community pool is located in one of the lower income communities. It is a very multicultural community with Muslim women who would not normally have a chance to swim because of their religion's restrictions. • Since swimming is an excellent way to get active (all muscles groups are used while in the water), the women can start to become physically active in a safe, non-threatening environment. • The sessions offer an opportunity for the women to get active, possibly with their daughters (since the program always runs at the same time as Girls Only swimming lessons). This program allows the mothers to be active role models for their daughters in a non-traditional way. 	<p>Caroline McGarrity, Area Recreation Supervisor</p> <p>Sawmill Creek Community Centre and Pool</p> <p>P: 613-521-4092 caroline.mcgarrity@ottawa.ca</p>
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Ontario – Ottawa/Multicultural

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Never to late for physical activity and fitness for Women</p>	<ul style="list-style-type: none"> Originally piloted among 58 multicultural women participants in 2006, this project consist of a 6-week program which introduces sports and fitness as a means of physical activity for immigrant women (i.e. Lebanese, Arabic, Somali, Vietnamese, South Asian, Chinese, Hispanic, African and Caribbean), and focuses on fun, fitness, and skill building. It targets those who have difficulties accessing mainstream physical activity programs and services, and will provide culturally sensitive physical activity initiatives via the training of multicultural lay physical activity leaders. 	<p>Evaluation of this program will occur prior to March 31, 2008. Support from the Public Health Research, Education and Development (PHRED) program through it's partnership with Cancer Care Ontario will guide the evaluation process. Evaluation will include pre- and post questionnaires to assess whether there have been any changes in the personal behaviour of participants related to physical activity and healthy eating.</p>	<ul style="list-style-type: none"> This program was chosen as one of six successful regional projects in a request for proposal processed implemented by Cancer Care Ontario (CCO). CCO chose the successful regional projects based on their ability to demonstrate a "best practices' or evidence-informed approach. This project mirrors such an approach by using an intervention model which includes such strategies as: involvement of immigrant women in program consultation and decision making; training lay physical activity leaders; and partnering with key stakeholders. The model also seeks to eliminate or reduce the barriers to physical activity which are common among the target group, including: providing the program in the appropriate language and context, conducting sessions at an easily accessible location and for a minimum cost, and reducing social isolation through integration of lay leaders. This project is unique in that it involves collaboration between the <i>City of Ottawa Public Health</i> and <i>City of Ottawa Parks and Recreation</i>. As a result, the project includes a sound plan for sustainability since the trained multicultural physical activity leaders will be incorporated as staff by the Parks and Recreation branch to continue with physical activity initiatives after funding ceases. Lessons learned from this project will also be shared and potentially utilized by 	<p>Hilda Chow, Project Manager (& Family Health Supervisor)</p> <p>City of Ottawa Public Health</p> <p>100 Constellation Cr. 7th Floor East, Ottawa ON K2G 6J8</p> <p>P: (613) 580-6744 ext.26272</p> <p>Hilda.Chow@ottawa.ca</p>

			other health units, agencies and organizations through the development of a tool-kit.	
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Ontario – Ottawa/Aboriginal

Name of physical activity program/service	Brief description of the program/service	Was a program evaluation conducted?	Reason you think the program/service is exemplary	Program contact name and information
<p>Wabano Aboriginal Health Centre</p> <p>Pump and Stretch: 10 weeks of yoga, low impact aerobics and weights</p>	<ul style="list-style-type: none"> The purpose of “Pump and Stretch” is to increase levels of physical activity and promote healthier lifestyles in urban Aboriginals in Ottawa and surrounding areas. Participants of all levels of physical fitness abilities will engage in 2 hours of weekly yoga, low-impact aerobic activities including “the ball” and free weights. The inspiration for this program comes from Wabano’s former yoga program known as “Yoga at Wabano: Connecting the mind, body and spirit”. This program drew high levels of participation and new clients from the community on a weekly basis. It allowed a weekly consideration of fitness and the impact certain behaviors and lifestyle choices have in our daily lives but also the next generation of Aboriginal children. The program is expected to take place in the basement of Wabano in the evenings with a trial run of 8 weeks from 6:30-8:30 starting on February 5th. This program will work in conjunction with other health promotion activities and health awareness campaigns around nutrition and decreasing risky behaviors (e.g. smoking cessation). 	<p>A general evaluation of Wabano’s yoga program was conducted by regular participants. Their comments and suggestions have been integral in instilling this new program.</p>	<ul style="list-style-type: none"> Past yoga and healthy lifestyle sessions that were held regularly at Wabano from July-Dec 2007 demonstrated extremely promising feedback and enthusiasm in repeating a similar program in 2008. <i>Yoga: Therapeutic and Preventative</i> - The various physiological, psychological and biochemical benefits of Yoga have been well established, but Wabano added an additional component by incorporating traditional Aboriginal teachings in a helpful and relevant way (e.g. Respect: respect your body, respect your limits, respect the people around you). Participants that attended classes regularly noticed a huge difference in their confidence, body image and attitudes towards fitness. All reported “changes” in their bodies whether their flexibility, endurance or strength increased or back and neck pain had reduced considerably. A sense of pride and accomplishment was seen throughout as many participants were able to develop a new understanding of their bodies and fitness aspirations. <i>Benefits of low impact aerobics and weight</i> - Owing to poor health conditions, most Aboriginal people are not able to afford, are comfortable pursuing and/or physically ready for a generalized program at a local gym. Providing easy to remember low impact, adaptable and fun stretches, cardio sessions and strength training is 	<p>Pamela Naymark, Health Promoter</p> <p>Wabano Aboriginal Health Centre</p> <p>P: 613-748-0657 x. 223</p> <p>pnaymark@wabano.com</p>

- I am hoping to hire two women from the community to support this program. An Algonquin yoga teacher will co-facilitate one week of yoga for all levels while an energetic fitness trainer of Mohawk origin, is expected to co-facilitate every other week. Although an additional cost, this will add a much needed level of skill and efficiency to the program. In addition, it is crucial that participants have role models and facilitators from the community.
- The impact of this program is expected to be dramatic. With the support of our mental health teams, we are focusing on the health and well-being of every participant as a 'whole' and intend to explore behavioral, environmental and psychological factors that influence unhealthy lifestyles and in turn develop effective strategies to be used by the whole family.

crucial in increasing and sustaining the health and well-being of this community.

- *Internal community integration* - The former yoga program encouraged people to seek out services in the non-Aboriginal community (e.g. field trips to gyms and yoga studios in Ottawa) and instilled confidence to attend independent fitness efforts outside of Wabano.
- *Internal community integration* - Weekly sessions have allowed Aboriginal people unfamiliar with each other to meet in a manner previously non-existent at Wabano. When practicing yoga they have developed networks of support and feel comforted talking to other people in the community confronting similar health risks
- *Recognition in the community* - Through continued dedication to improving this program, promotion and ability to adapt yoga and healthy lifestyles presentations to all body types and expectations, this program has started to develop a favorable reputation among the Aboriginal community in Ottawa. A consistent fitness program that is open to everyone in the community encourages participation and disseminates an awareness of the importance of increasing fitness levels and healthier lifestyles.

<p>“The great snowshoeing and chili ‘eventure’</p> <p>“Just around the riverbend” : Canoeing for beginners (to be planned)</p>	<ul style="list-style-type: none"> • All ages are expected to attend, but priority will be given to young women, mothers and their children. • This particular event is set for February 9th in the Gatineau Hills, but we would like to make this a regular excursion. • We will be serving a healthy lunch that is easy, affordable and offers a good balance of all food groups. • Canoeing is expected to take place in May 2008. 	<p>Evaluations will be completed after the excursions.</p>	<ul style="list-style-type: none"> • There are plenty of high impact Aboriginal games, sports and activities, while there are many traditional foods and recipes that offer healthy and balanced diets. • Snowshoeing tones the entire body while providing an excellent cardiovascular workout. It strengthens leg and heart muscles and improves delivery of oxygen to muscles. • Snowshoeing also allows Aboriginal people to connect to the land and the way of their ancestors. • In the same way, part of canoeing is overcoming and working with nature and the environment, but it also allows for an intense session of high impact cardio activity. • Kayaking and Canoeing has never been attempted at Wabano by adult women, but there is a real interest and need for these excursions. 	<p>Pamela Naymark, Health Promoter</p> <p>Wabano Aboriginal Health Centre</p> <p>P: 613-748-0657 x. 223</p> <p>pnaymark@wabano.com</p>
<p>The 2008 census reported an unprecedented number of Aboriginals living in Ottawa; more than 50,000 habitants self identified as Aboriginal in Ottawa and more than a million throughout Canada. This number does not even include the Aboriginal groups that chose not to participate in this census.</p> <p>Aboriginal people claim the highest rates of obesity, diabetes (in some instances 3 times the average rate) and many chronic health issues in Canada. In addition, they have a high incidence of mental illness and significantly lower life expectancies than that of their non-Aboriginal counterparts. It is crucial that we target the source of these chronic health conditions and consequences by encouraging a healthier livelihood and behaviors/habits that are passed down through the generations. Health promotion efforts at Wabano encourage Aboriginal families to remain active, fit and healthy in their minds, bodies and spirits.</p>				