



A sponsor radio station is also hitting the airwaves with encouraging messages. An announcer from Sun FM in Vernon challenged the mayors from the City of Armstrong and Township of Spallumcheen to a walk-off in January.

"They come on the radio and talk about how far they are," Shantz said. The station's website encourages people to *"slip on those shoes and get going with the station who takes the stairs."*

The two mayors and councils have shown their support for Active Communities in other ways after Shantz made presentations to them. Both councils passed resolutions supporting the 20% increase in physical activity by 2010. They also both funded the Active Communities committee to print a banner with the Active Communities Armstrong/Spallumcheen logo to raise awareness of the initiative at active events.

"We take that everywhere with us," Shantz said. Since getting started in the fall, the committee has put on a Great Pumpkin Relay and a First Night Active Event. Coming up will be a dance marathon for Spirit of BC Week on February 9 (with a \$300 grant from the BC Recreation and Parks Association through Active Communities). This is targeted for the whole family, with free admission and 6 hours of local DJ sounds. Other exciting events, Shantz noted, will be a Move for Health Day event in May, a mini-triathlon in the summer, a fun day at the ranch and a bike safety rodeo next fall. The committee has also reached out to the community at a seniors' health fair and through the Rotary Club.

Armstrong and Spallumcheen were awarded pedometers through the ActNow BC Activity Challenge's pedometer grants program in 2007. Proceeds from the pedometers' sales, along with a \$5,000 grant from BCRPA through Active Communities provided funding for the website and their other active initiatives and events.

One senior in particular is avidly tracking his steps with his pedometer. The 79-year-old stops in at Shantz's gym, Fitness Matters, every day so she can enter his steps onto the website for him.

"He walks every day; he walks all around town. He stops in at every business to say hi to everybody,"

- Shantz said.

The walking program is a key part of Armstrong/Spallumcheen's Active Community plan. To gather community feedback for the plan, the committee surveyed people at a fair last summer. Respondents' perceived barriers to getting active were mainly a lack of motivation and lack of time. Walking can be done anywhere independently at flexible times so the local Steps Out program was developed.

To create more opportunities to walk, the Active Communities committee is seeking funding to maintain trails (in partnership with local youth groups) and to do a feasibility study for a rails-to-trails project along the railway running through town. Shantz's long-term hope is to connect with rails-to-trails projects in the Okanagan region.

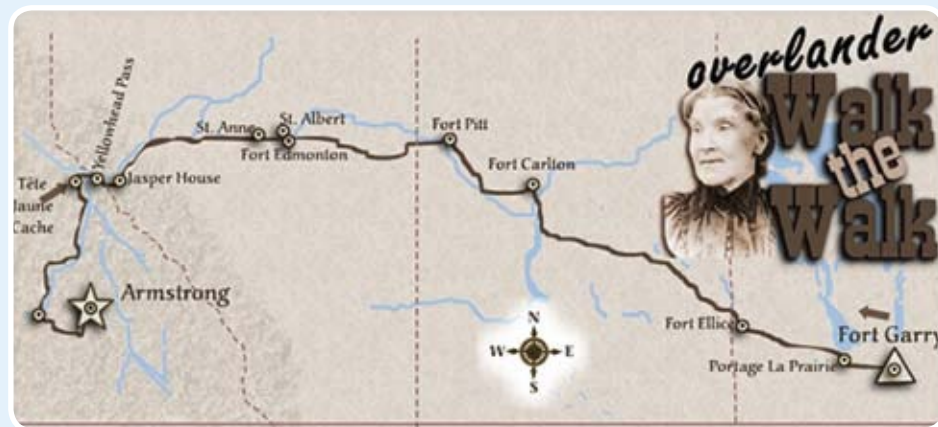


Photo illustration courtesy of stepsout.com, Catherine Schubert photo courtesy of Trevor Schubert



City of Trail Gets Going for Life

February 2007



Through Trail Parks and Recreation's community-wide initiative Go 4 Your Life – students and seniors in particular are finding new ways to get active.

The City's \$35,000 grant from the Union of BC Municipalities Community Health Promotion Fund got Go 4 Your Life up and running in 2007. The grant funded a part-time coordinator who developed an Active Community plan on top of coordinating programs.

Newly-offered Osteofit classes at the Trail Aquatic and Leisure Centre are improving older women's balance and boosting their confidence to walk outside. Go 4 Your Life Project Coordinator Sarah McAuley and another woman are certified to run the classes. Developed out of BC Women's Hospital, Osteofit offers safe exercise and education for people with osteoporosis and those at risk of falling.

"With just my class, seeing the progress of the ladies has been huge," McAuley observed. *"They've been saying that it's a great program and they love coming to it twice a week. It's nice for them to be able to go somewhere and have a bit of social time as well as getting exercise at the same time."* The women in her class range in age from 60 to 78.

Meanwhile, the younger generation has been dancing its way to an active lifestyle since the Go 4 Your Life committee brought dance instructors into an elementary school.

"[The teachers] said the instructor was phenomenal and the students really enjoyed it. It was a big help for them to have somebody pay for the instruction so they were able to offer a little bit more to their classes," McAuley said. The teachers have told her how beneficial it's been for the students to have the opportunity to try different types of physical activity, other than sports, that they can then integrate into their lives.

Go 4 Your Life is also looking into renting the curling rink for PE classes. *"They can go and do it during school to learn a different sport that they wouldn't have the opportunity to do on their own."*

In addition, two school classes got sets of pedometers to start a walking program, as part of Trail's pedometer grant through the ActNow BC Activity Challenge. Trail has launched its Steps Out online walking/pedometer program, based on the Penticton model (www.stepsout.com/trail).

"They can go and do it during school to learn a different sport that they wouldn't have the opportunity to do on their own."

- Sarah McAuley

- Launched the Go 4 Your Life initiative
- Held a sport, recreation, tourism & health fair bringing together sports associations
- Launched the Trail Steps Out website at www.stepsout.com/trail
- New Osteofit program for older women
- Dance classes, curling offered to school PE classes
- Received grants from UBCM (\$35,000), BCRPA Active Communities (\$2,500 and \$5,000), True Sport, Field Hockey BC (\$500)
- Awarded pedometers from the ActNow BC Activity Challenge in 2007
- BCRPA funded a baseline measurement survey of activity levels in 2006
- Developed an Active Communities Go 4 Your Life Plan
- Students designed the Go 4 Your Life logo through a logo contest
- Teck Cominco workplace wellness committee offering wellness and health education programs to employees and their families

Trail Info

Population: 7,889 in Trail (BC Stats, 2005)

- Aquatic & Leisure Center with swimming, weight room, tennis courts, and multipurpose room
- Memorial Arena with a large rink, kids rink, gymnasium, 2 fitness studios, curling rink, squash & racquetball courts, and walking around concourse of arena
- Soccer and baseball fields
- Hayley Field Track
- Skiing, hiking and biking trails
- Teck Cominco is one of the world's largest fully integrated zinc and lead smelting and refining operations

(Sources: www.hellobc.com, Go 4 Your Life! plan)

“People have been saying it’s been an eye opener for them to see that they weren’t as active as they should be, or it’s helped them maintain their current level of fitness,” McAuley noted. Steps Out participants can access free Nordic and regular walking clinics, blood pressure clinics, and aerobic and Aquafit classes led by instructors certified through the BC Recreation and Parks Association.

Steps Out was introduced to the community in March 2007 at the Go 4 Your Life launch event – a sport, recreation, and tourism open house and health fair. Partner organizations that put on the Get up-Get Active fair included the City of Trail, Trail Parks & Recreation, BC Cancer Agency, Trail and District Chamber of Commerce, Spirit of BC committee, Beaver Valley Recreation Commission, Interior Health Authority, Katimavik youth program, and hearts@work.

The event brought together sports associations, forming new partnerships in the community – 15 sports organizations and 11 businesses set up tables at the fair. A few sponsorships were established for Go 4 Your Life through the fair. A \$5,000 grant from BCRPA through Active Communities went towards the fair and the Steps Out website development.

For 2008, the committee will continue raising awareness of the Steps Out program. The Girls Giving Back program – training older girls to coach younger girls in sports – stalled due to low enrolment numbers. But the committee plans to continue its efforts by making face-to-face presentations to the girls at school to get them onboard.

With the increasing awareness around the benefits of activity and the support from community partners and funders, programs like these should sustain for years to come.

TRAIL METALWORKERS PUT THEIR HEARTS INTO THEIR WORK

Teck Cominco employees in Trail are getting more heart healthy now that the company and union wellness program is offering health education and opportunities to get active.

From a family ski night on the local mountain to hearts@work health fairs, company employees and their families are making changes for the better in their lifestyles.

“The biggest feedback that I’ve been getting is the improvements in their blood pressure,” said Megan Olson, Teck Cominco’s Wellness Coordinator in Trail. *“People have told me that they have actually reduced or gone off the medications that they’ve been prescribed.”*

In 2007, the wellness committee offered Health Checks, a Passport to Health program, and a Health Fair for employees and their families. This year, the committee is organizing more events, access to the Trail Steps Out walking/pedometer program, and ongoing health education for employees and their families.

The mining and metals company employs residents of Trail, Rossland, Castlegar, the Beaver Valley area and Nelson. Of the 19,000 people living in the Greater Trail area, 1,500 work for Teck Cominco’s Trail operations, with a great number of the population base being company retirees. The wellness program was initiated in 2006 as one of a number of engagement initiatives the company undertook to help employees feel more connected to their workplace and their coworkers. The committee that guides the wellness program is made up of representatives from both Teck Cominco and the United Steelworkers union locals 480 and 9705.

“We were looking at ways to try to bring back that sense of family and community into the workplace,” said Carol Vanelli Worosz, Teck Cominco’s Communications Manager in Trail.

Olson had been leading the city-wide Go 4 Your Life Active Community initiative through Trail Parks and Recreation. She made a presentation to Teck Cominco on wellness initiatives, and was then brought onboard to run the company’s wellness program.

“From there, it’s just snowballed,” Olson recalled. Olson brought to her new role her experience facilitating Active Workplace Workshops, hosted by BCRPA through Active Communities. BCRPA’s Active Communities Workplace Workbook and the wellness committee’s strategic plan guided her work. Olson then got out on the ground at the company’s work sites to get employees involved.

“The direction that we’re taking is more education and awareness based,” Olson said. *“We’re trying to get employees to see where they’re currently at with their health and wellness, then giving them the tools they need to make changes they want to make in their lives.”*

The committee partnered with Interior Health and Healthy Hearts Society’s hearts@work staff to offer Health Checks in 2007. Employees’ cholesterol, blood pressure, stress and nutrition were screened for risk factors. While the average age of the employees is 49, some hadn’t seen a doctor in years before they went to the Health Check.

“Some of them have started making real changes since then and seeing lots of differences in their life,” Olson noted.

The Passport to Health program encouraged workers to get 30 minutes of physical activity, three times a week. Draw prizes were available for employees who recorded their activities in the passport booklets. A quarter of the Trail operations’ workforce – about 350 employees – participated in the Health Checks and passport program.

“We have had a great number of personal stories from people to say how their wellness and how their health has been impacted because of the wellness initiative,” Vanelli Worosz said.

The Health Fair in the fall of 2007 brought out 275 employees, their families and company retirees to the Trail Aquatic and Leisure Centre. They learned about health and wellness from local sport clubs and wellness organizations. The Health Checks were also incorporated into the fair.

“The feedback from the spouses is that they want to be involved and they want the information,” Olson said. An article related to the wellness program is included in each edition of Trail Operations’ employee newsletter that is mailed directly to employees’ homes. Some of those articles champion the personal wellness success stories that employees are willing to share.

“The wellness committee and the company as a whole have an understanding that wellness is a family issue,” Vanelli Worosz said.

The family ski night in early 2008, which was organized jointly by the operation’s Wellness and Olympic committees, had something for everyone, including activities such as ski and snowboard lessons, snowshoeing, ski maintenance, and story time for children. Red Mountain is about seven miles from the workplace but some hadn’t been up the mountain in 20 years. Others had been skiing for years and took the opportunity to try a snowboarding lesson, with parents and children taking lessons together.

“We want people to rediscover things that they did when they were younger or try something new or try something outside of their box, just to spice it up a little and enjoy the whole act of wellness,” Olson said.

Employees have also been learning about health prevention through the wellness committee’s partnership with Teck Cominco’s Learning Centre. Courses on health and wellness are available for employees to take at the centre and also through Selkirk College continuing education. Olson sits on the Go 4 Your Life committee so knowledge and resources are shared between the two committees.

“Another key to the success here is there are a lot of different committees and I’m seeing the partnerships happen from committee to committee,” Olson noted. *“That’s what’s helping in the huge success of the engagement for the employees – everyone helping together for one common cause.”*

