



## Tumbler Ridge Residents Explore their Community Centre

February 2008

New partnerships between health promotion organizations in Tumbler Ridge are raising awareness of the benefits of healthy, active living.

The Tumbler Ridge Community Centre's health fair during Spirit of BC Week in February 2008 connected residents to health information by partnering with Northern Health. People attending were getting their blood pressure and blood sugar tested then talking to a nutritionist, dietician, dental hygienist, tobacco cessation counsellor and fitness instructors about how to make changes with their lifestyles.

*"We had never done anything in the community like that before,"* said Debbie Bachmeier, Deputy Director of Community Services for the District of Tumbler Ridge. The nine tables offered educational information, tying active living together with nutrition.

*"Physical activity is great, but we also have to eat healthy,"* Bachmeier said. *"We can't abuse our bodies and expect that activity will reverse all of that, we have to treat our bodies well in all areas."*

And now that message is reaching people while they buy their groceries. Thanks to a new partnership with the local grocery store, shoppers are receiving the Community Centre's flyer in their grocery bags at the checkouts.

*"I think it will be a great partnership,"* Bachmeier said. *"I've done it in other communities and it works wonderfully. For communities that are in a financial situation where they can't afford the expense of advertising, it's something that works great."* She suggests that stores wanting to give back to the community could be potential partners.

Along with access to health information, Tumbler Ridge residents have opportunities to get active, even in winter weather. The Community Centre houses the District's pool, arena, playing courts and fitness programs.

*"We're very fortunate that we have everything under one roof,"* Bachmeier said.

To introduce the centre's programs to those who hadn't yet tried them, the Community Centre hosted an Explore Your Community Centre free trial week the same week as the health fair. Days and times were set aside for free access to aquafit, yoga, Osteofit and the gym. A \$300 grant from the BC Recreation and Parks Association through Active Communities funded the free classes and health fair.



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- Debbie Bachmeier

*"There were a couple of ladies who had never been to Osteofit before and they came and were really interested,"* Bachmeier noted.

Because of its remote location at the foot of the Rocky Mountains, Tumbler Ridge has year-round opportunities to get outside, from snowmobiling to cross-country skiing in the winter, to getting active on the lakes and rivers in the summer.

On days when the northern weather permits, people can get out walking in town or on the local trails. Tumbler Ridge was awarded pedometers in 2007 through the ActNow BC pedometer grants program. The pedometers were then given to all District of Tumbler Ridge staff to track their activities on the ActNow Activity Challenge website. Already, Bachmeier is hearing a buzz among staff because of the heightened awareness of activity levels brought on by the pedometers.

*"It really makes you think, when you look down at your pedometer and you've only walked 6,000 steps that day and that's only moderately active, then you know that you need to get up and go to the gym that night,"* Bachmeier said. The pedometer program is also encouraging employees to get up and walk over to talk to colleagues, rather than using phone or email. Other workplaces in the community will receive the remaining pedometers to participate in the Activity Challenge.

*"One of our suppliers of some of the equipment here was very excited that we were doing it, so now we've brought them into the challenge as well."*

Bachmeier notes the grants from BCRPA through Active Communities and ActNow BC helped build momentum to remind people of the importance of active living.

*"Those are huge partnerships and it's a huge boost,"* she said. And the community centre staff's efforts to get people active also have the support of the District council.

*"They're great, they support the activities and programs that we're running so that's wonderful."* Next, she hopes to get going on an active community plan for Tumbler Ridge.

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## Tumbler Ridge Highlights

- Hosted its first health fair in 2008 with new community partners
- Partnering with a grocery store to put promotional flyers in shopping bags at the checkout
- Free classes at the community centre during Spirit of BC Week 2008
- \$300 grant from BCRPA through Active Communities for Spirit of BC Week events
- Gave pedometers (granted from ActNow BC Activity Challenge) to all District staff
- Hosts Move for Health day events on May 10

## Tumbler Ridge Info

**Population:** 2,526 (BC Stats 2005)

- Incorporated as a municipality in 1981
- Community Centre with arena, aquatic centre, curling rink, weight room, racquetball/wallyball court [similar to volleyball], squash courts, climbing wall, 2 tennis courts, basketball court, 2 beach volleyball courts, 4 ball diamonds
- Youth centre
- Children's Centre
- Golf course
- Well-developed network of hiking and biking trails

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[www.hellonorth.com](http://www.hellonorth.com))