

2013 Move For Health Day

Resources to Help Make Every Day Move for Health Day



Start walking!

Walk BC, the provincial walking initiative led by BCRPA and the Heart & Stroke Foundation of BC and Yukon, offers many free resources on its website: www.walkbc.ca. Visitors can access walking resources, and information about pedometers. Visit Walk BC for all of your walking needs, whether you are a member of a walking group or just getting started: www.walkbc.ca.

Walk BC also hosts an interactive map where you can post your Move for Health Day walking routes and your favourite community walks. You can also access walks and information about recreation centres around the province. Access the map at www.walkbc.ca/map.

The Heart and Stroke Foundation, BC and Yukon, also runs the Hearts in Motion™ Walking Clubs throughout BC. For more information visit: www.heartandstroke.bc.ca.

Seek quality fitness instruction

Whether you're taking a group fitness class, participating in an aquatic fitness program or working with a personal trainer, make sure that you are receiving quality instruction from BCRPA Registered Fitness Leaders. BCRPA is the standard of excellence for fitness instruction in BC.

Make sure your community is built for physical activity

The spaces where we work, live and play all have an impact on how physically active we can be. Make sure that your community is built to encourage being active, by using the Built Environment Active Transportation Neighbourhood Assessment Tool. www.physicalactivitystrategy.ca/

Stay Active, Eat Healthy!

A healthy diet is a major component of a healthy lifestyle. Make healthy food choices and stay active. www.stayactiveeathealthy.ca

Promote physical activity

Get the word out in your community about the benefits of physical activity. Use the M.A.P. toolkit to raise awareness about physical activity in your community. The M.A.P. toolkit has posters and activity prompts to help you get your community to be active. www.walkbc.ca/marketing-resources

Stay active for life – Older adult resources

Stay active as you age! Visit your ActNow BC Seniors Community Park, look for Boomer-Friendly Bootcamps at your local recreation centre and use the Move for Life DVD to stay active. All of these are specially designed to help keep you active throughout your life. www.bcrpa.bc.ca/MoveForLife.htm

Get your workplace moving

The workplace is an ideal location to promote a healthy active lifestyle. Visit www.walkbc.ca/workplace-walking to find resources to make your workplace more active.

Get Active with your local schools

Connect with Action Schools! BC to help your local elementary schools raise physical activity levels and promote healthy living. www.actionschoolsbc.ca



Contact:

mfhd@bcrpa.bc.ca



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