



be fit for life
moving alberta

Alberta
Government

The Be Fit For Life Network is a provincial initiative comprised of nine regional Centres, working in coordination to support a more physically active Alberta.

Network Highlights 20182019



Our Mission

To work collectively to inspire, educate & support Albertans to lead healthy, physically active lifestyles.

Our Vision

Albertans are knowledgeable, confident, motivated & have the skills they need to engage in physical activity for life.

How can we work together to inspire, educate and support Albertans to lead healthy, physically active lifestyles?

Our 9 Centres are working with local community champions and provincial partners to advance physical literacy in Alberta.

Over the next few pages, see how we're working towards a vision of Albertans being knowledgeable, confident, motivated and having the skills they need to engage in physical activity for life!



Impact 20182019

Strategic Priorities

Our three strategic priorities drive us to work closely with many partners.

This year, we worked with **342** national, provincial, and local partners across **118** communities in Alberta.



Community Engagement



Knowledge Exchange



College & University Partnership

How do you like to get active?

Be Fit For Life led

5183

active programs, events and fitness classes across the province with more than

39,335

participants of all ages



We work in partnership with our **9 host colleges & universities** across the province to inspire, educate & support Albertans to lead healthy, active lifestyles.



We are committed to lifelong learning. Be Fit For Life staff attended **110** professional development courses this year.

How can we lead better physical activity opportunities?

Be Fit For Life lead **224** professional development workshops this year supporting leaders to maximize participation in their programming With **6140** participants in attendance

102

Certification Courses delivered, including NCCP, AFLCA, & Physical Literacy Instructor, with

652

participants



1200

As Big As the Sky,
As Tall As the Trees

557

Let's Warm Up!
& My Skills Posters

428

Move & Play Cards

322

Let's Go Play on a Winter
Day! Moving Storybook

Educational resources distributed to physical activity leaders



Fort McMurray Highlights 20182019

Notables and Testimonials



Girl Power & Mega Boyz 2019

The intent of these events is to introduce boys and girls to activities that will empower them to become the leaders of tomorrow by taking care of their body, mind and health. We hope to spark lifelong habits by devoting a day targeted towards the health of Grade 5 Girls and Grade 5 Boys.

This year we offered 18 different sessions that were split into 4 main categories: Aerobics, Movement, Healthy Living and Sport. Each student received a personalized schedule, which allowed them to try out 1 session from each category (4 sessions total). This year our 18 sessions were Triathlon, FireFit, Martial Arts & Self-Defence, Rugby, Football, Cheerleading (GP only), Yoga, Gymnastics, Air Cadets, Boxing (MB only), Pursue Your Passions, Mindfulness, Nutrition, Art, Positive Mental Health (GP only), Baseball (MB only), Volleyball, Basketball, Cricket and Lacrosse.

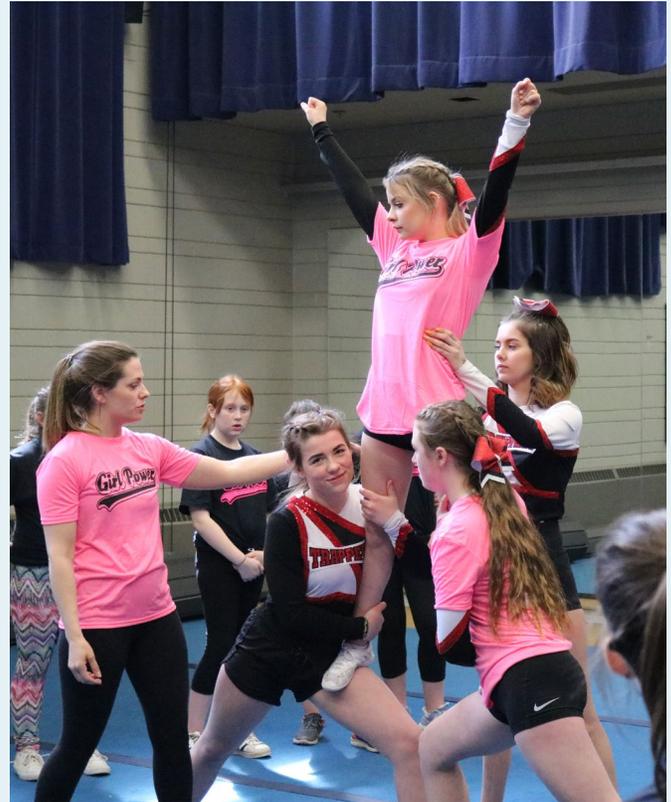
Almost all of our sessions this year were run by local organizations, which allowed us to provide the students and teachers with information about sports and activities happening right here in our own community.

We hope to spark lifelong habits by devoting a day targeted towards the health of Grade 5 Girls and Grade 5 Boys.

FORT MCMURRAY

The local organizations that participated in this year's events were:

- Northern Lights Triathlon Club
- Fort McMurray Men's & Women's FireFit Teams
- Bowmans Martial Arts
- Fort McMurray Knights Rugby Club
- Fort McMurray Trappers Football
- Premier Academy Cheerleading & Tumbling
- Norfort Gymnastics Association
- 868 YMM Rotary Northstar Squadron
- Hitman Boxing Club
- Alberta Health Services – Community Wellness Team
- Boreal Artist Institute
- Alberta Health Services – Community Dietitian
- Canadian Mental Health Association of Wood Buffalo
- Fort McMurray Minor Baseball
- Fort McMurray Thunder VC
- Northern Trailblazers Basketball
- Fort McMurray Cricket Association
- Wood Buffalo Minor Lacrosse



Schools participated from all four school districts in the Regional Municipality of Wood Buffalo: Fort McMurray Catholic School District, Fort McMurray Public School District, Northland School Division, and the Greater North Central Francophone Education Region.

The event sponsors were thanked during the Opening and Closing Ceremonies, and their logos were printed on the event t-shirts. Our sponsors were the Be Fit for Life Network, Keyano College, the Syncrude Sport & Wellness Centre, Keyano Huskies, the Alberta Sport Development Centre – Northeast, APPLE Schools, Fort McMurray Catholic Schools, Fort McMurray Public Schools, Save On Foods, the Alberta Government, Alberta Sport Connection, the InMotion Network and the Go Girl Grant.

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Impact 20182019

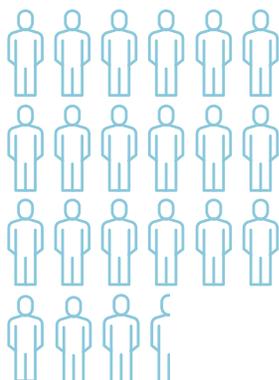


6 Communities Reached

Active Programs and Events

2181

participants across 742 programs & events



100 people

Presentations and Workshops

11



with 79 participants to support practitioners leading physical activity



11

Partnerships

Including:

- Keyano College
- Syncrude Sport & Wellness Centre
- Alberta Fitness Leadership Certification Association
- Alberta Health Services
- Alberta Sport Development Centre
- Keyano Huskies Athletics
- Northlands School Division No. 61





Grande Prairie Highlights 20182019

Notables and Testimonials



Newcomers PLAY Day

Research indicates that immigrants to Canada are less likely to be physically active compared to non-immigrants due to a number of barriers. The Grande Prairie Get Active Network recognizes this and has been working on creating a partnership with the Grande Prairie Center for Newcomers Association (GPCN).

The Grande Prairie Be For For Life Centre, part of the Get Active Network, held a physical literacy training and play day this summer to help the GPCN summer camp staff and participants with fun, physical literacy enriched games and activities. Over 30 newcomer participants, as well as a number of summer camp leaders played, laughed and learned regardless of the barriers of communication. The day was a wonderful success and we look forward to continuing to grow this partnership.

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Rural Forums

Central Peace Early Childhood Coalition (CPECC) strives to bring emergent research-driven information in all areas of child development to their remote communities in engaging, meaningful and accessible forums.

The Grande Prairie Be Fit For Life Centre partnered with CPECC and Alberta Health Services to host workshops in three Saddle Hills County communities: Woking, Bonanza and Savanna.

These workshops were delivered to parents and caregivers, offering education on the benefits of purposeful physical literacy enriched play for their children, as well as providing hands-on practical information, games and activities so

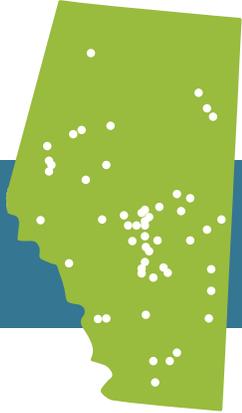
they can support and nurture the physical literacy development of their children. Both children and parents loved playing together and connecting through creative movement.

Providing hands-on, practical information, games and activities so they can support and nurture the physical literacy development of their children.



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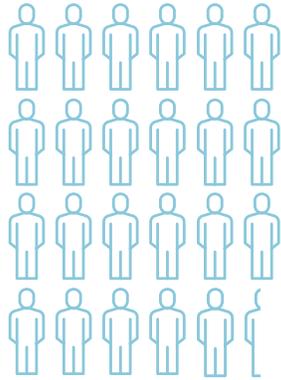
Impact 20182019



6 Communities Reached

Active Programs
and Events

2386
participants across
210
programs & events



= 100 people

Presentations and
Workshops

24

with **54** participants
to support practitioners
leading physical activity



32

Partnerships

Including:

- GPRC
- Get Active Network
- Central Peace Early Childhood Coalition
- Grande Prairie Catholic School Division
- Centre for Active Living
- ARPA - Choosewell
- Alberta Motor Association
- City of GP





Lac La Biche Highlights 20182019

Notables and Testimonials



Energize Me! Presenting at the Annual Rural Women's Conference

The Lac La Biche Be Fit For Life Centre was invited to present at the Lac La Biche & area Annual Rural Women's Conference in November 2018.

The conference featured a variety of wellness presentations with an emphasis on mental, emotional, social, environmental, financial, and physical health. This was a great opportunity to showcase Be Fit For Life to a captive audience of 270 women with the session 'Energize Me!'. Presenting a combination of active icebreaker/energizer activities and dance fitness, this session had ladies, ranging from ages 20 to 90, all having fun and interacting with each other. In addition, Be Fit For Life had a display table with information promoting our programs and services.

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YOU GO GIRL!

The Lac La Biche Be Fit For Life Centre organized and hosted the annual YOU GO GIRL event that had 100 girls participating in a variety of physical activities and having fun.

The girls, ranging from ages 6 to 17, rotated through one hour sessions, including in-line skating with 'Alien In-line', rock climbing, yoga, and more. The objective was to provide girls an opportunity to try new physical activities, make new friends, reduce barriers, and to see the value in being physically active on a regular basis.

Event sponsors include the In Motion Network, Alberta Health Services, Northern Lights School Division, Lac La Biche County, Portage College, Alberta Milk, Servus Credit Union, and the Lac La Biche Active Kids and P.L.A.Y. Society.

The Lac La Biche Be Fit For Life Centre organized the event, including getting sponsors, recruiting volunteers, processing registrations, promotion, writing reports, and more. Feedback was 100% positive and had successful outcomes.



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Impact 20182019

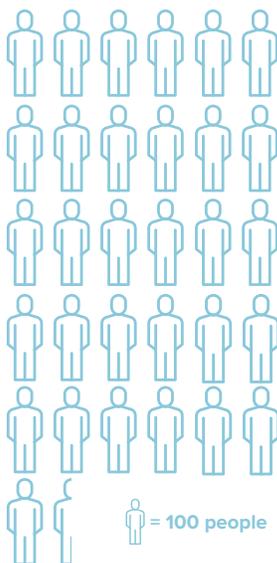


10 Communities Reached

Active Programs and Events

3157

participants across
506
programs & events



Presentations and Workshops

20



with **992** participants
to support practitioners
leading physical activity



29

Partnerships

Including:

- Active Alberta Coalition
- Stuart McPherson Public Library
- Alberta Environment & Parks
- Lac La Biche Sports Association
- Lakeland Catholic School Division
- Alberta Native Friendship Centres
- Prescription to Get Active Network





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moving alberta



Edmonton Highlights

20182019

Notables and Testimonials



PLAYING in the Streets!

Have you ever played ball hockey on your front street? Many children growing up in Edmonton have not had the opportunity due to access, safety, and where they live.

This fall, in partnership with the City of Edmonton, Ever Active Schools and BGCBigs McCauley Club, we were able to give the McCauley Club program participants a chance to try it out during the Live Active Summit! We hit the streets with sixty 6-13 year olds to pilot the new Neighbourhood PLAY Street manual.

The PLAY street was animated with large scale games, street hockey, sidewalk chalk and more! It gave Live Active Summit delegates an opportunity to see the manual in action after learning about the project in a lecture setting. The McCauley participants commented how much they enjoyed the opportunity to play on the PLAY Street!

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Building Relationships

As part of a grant received from the Recreation Physical Activity Branch, the Edmonton Be Fit For Life Centre was excited to continue to work with the Alberta Native Friendship Centres Association (ANFCA) this year.

After a transition in staff, the two organizations have been working together to see what opportunities might be beneficial for both to pursue in the future. After the success of the Move & Play through Traditional Games project over the years, we are looking forward to new initiatives to work on together. The Edmonton Centre coordinator was fortunate to be invited to two Youth and Elder gatherings to talk more about physical activity, physical literacy and what opportunities the Friendship Centres might be interested in.

The Be Fit For Life Network values this connection and the cultural sharing that we have been fortunate to receive from this partnership.

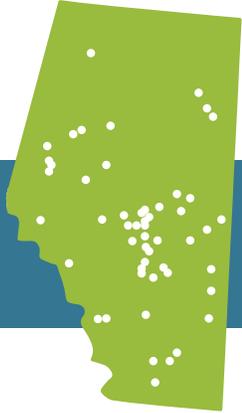


Preventing Injuries in Alberta

This past year, the Be Fit For Life Network partnered with the University of Calgary Sport Injury Prevention Research Centre and Ever Active Schools to help create and distribute an Injury Prevention poster designed for junior high aged participants. A small committee from Be Fit For Life was involved in the poster creation as well as co-hosting professional development sessions with schools, teachers, and coaches on the importance of a neuromuscular warmups. The session was well attended at all of the teachers conventions across Alberta. We are excited to continue this partnership in the future, possibly looking at the development of a Train the Trainer program to roll these workshops out across the province.



Impact 20182019

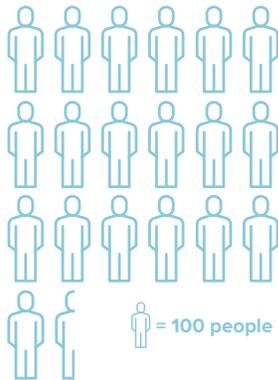


15 Communities Reached

Active Programs and Events

1990

participants across
19 programs & events



Presentations and Workshops

41



with **1035** participants to support practitioners leading physical activity

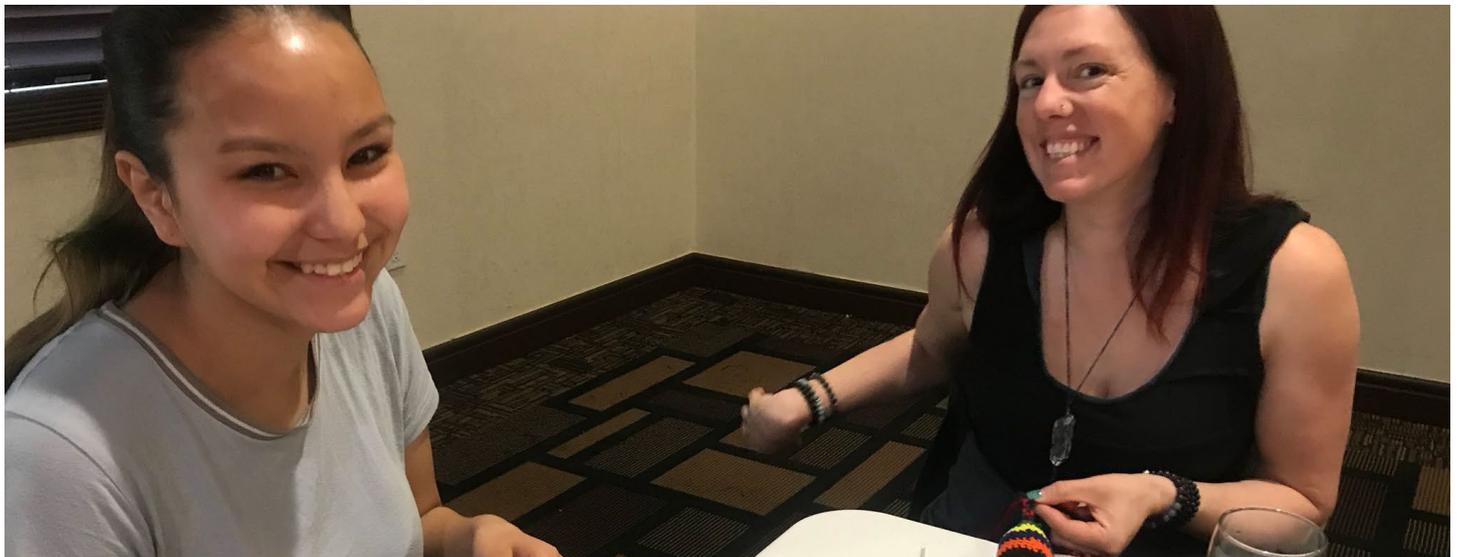


55

Partnerships

Including:

- University of Alberta
- Centre for Active Living
- Ever Active Schools
- Aboriginal Headstart
- Alberta Ballet School
- Alberta Native Friendship Centres Association (ANFCA)
- Edmonton Public Schools
- Edmonton Sport Council
- YMCA





be fit for life
moving alberta



Lakeland
COLLEGE

Vermilion Highlights

20182019

Notables and Testimonials



Physical Literacy School Programming

This year, the Vermilion Be Fit For Life Centre targeted two local schools in Innisfree and Mannville to work with and provide physical literacy programming. In each school, we worked with the students in Kindergarten through Grade three.

Four sessions were provided for each school, targeting the fundamental movement skills of stability, locomotor and object manipulation. This was achieved through the use of fun, cooperative games, relays and obstacle courses.

The students and teachers reported that all enjoyed the experience!

12 Days to Fitmas Challenge

Every year, Be Fit For Life partners with the Lakeland College Health Services Department to deliver a corporate wellness challenge to the employees.

This year, we chose to provide a 12 Days of Fitmas Challenge. Each day, a new exercise was added to the calendar that the individual had to perform in addition to the previous. Beginner and advanced options were given to allow for a greater population of fitness levels to participate. Sixty Lakeland College staff signed up and enjoyed the experience. Prizes were also awarded for everyone's efforts!

Educational Resources Distributed Locally

Story Title

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Fitness Assessments and Consultations

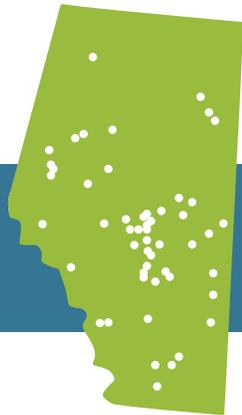
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Impact 20182019



9 Communities Reached

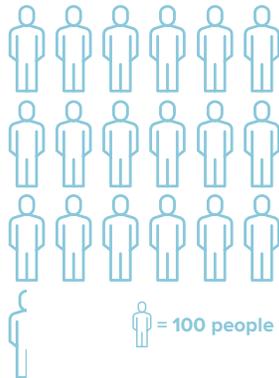
Active Programs and Events

1846

participants across

438

programs & events



Presentations and Workshops

7



with 73 participants to support practitioners leading physical activity



19

Partnerships

Including:

- Lakeland College
- Alberta Health Services
- Town of Vermilion Parks and Recreation
- Provincial Fitness Unit
- Red Cross
- Vermilion Wellness Coalition
- Innisfree School
- Mannville School
- Town of Vermilion





Red Deer Highlights

20182019

Notables and Testimonials



Physical Literacy Workshop

The first five years of a child's life are the most important in terms of development as the brain is busy growing and creating neural connections with each new experience. The more a child moves their body in different ways, the more connections are created and the more a child explores these movements, the stronger those connections become, building a strong foundation for future learning and development.

The Red Deer Be Fit For Life Centre hosts a series of professional development workshops about physical literacy in Red Deer and surrounding communities throughout the year.

One successful partnership and workshop was held at the HUB in Caroline, Alberta in the Spring. It was facilitated by Red Deer College's Be Fit For Life program coordinator and two college students.

Nine local professionals working with children and families participated. Participants learned how to engage diverse groups of children (or adults!) in physical activities that foster social connection and develop a range of movement skills, confidence, and physical competence.

The workshop in Caroline was the first in a series to train professionals in the implementation of quality physical activity programming in their communities.

Towards the end of the workshop, some local kids came along and joined in the fun!

The more a child explores these movements, the stronger those connections become, building a strong foundation for future learning and development.

Educational Resources Distributed Locally

Story Title

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Fitness Assessments and Consultations

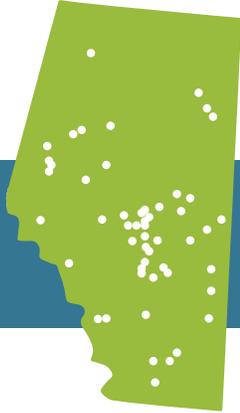
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Impact 20182019

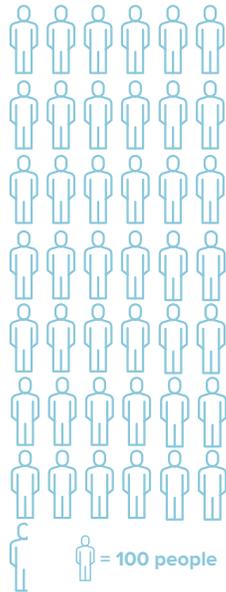


12 Communities Reached

Active Programs and Events

4216

participants across
125
programs & events



Presentations and Workshops

33



with **279** participants
to support practitioners
leading physical activity



8

Partnerships

Including:

- Red Deer College
- Holy Family School
- Sunchild First Nation
- Ever Active Schools
- Lacombe Wellness Fair
- Stettler EC
- RCMP/CBS/Parks Canada
- Provincial Fitness Unit





Calgary Highlights

20182019

Notables and Testimonials



Community Sport Hub

The City of Calgary launched the first ever Community Sport Hub this past year. An area of the city was selected that is rich in diversity and home to many new Canadians and low income families.

Be Fit For Life was selected, along with the Calgary Board of Education, Sport for Life and sport delivery partners (provincial and local) to implement the Community Sport Hub.

The Sport Hub offers Calgary children and youth exposure to numerous quality physical literacy and quality sport experiences at school, after-school and in the community. By offering exposure to a variety of sport and activity instruction, the intention is to lay a strong foundation for these children and youth to be supported in engaging in physical activity for life.

Be Fit For Life's role as a supporting partner was to facilitate professional learning and interactive workshops, provide resources to the sport administrators and coaches, along with sitting on the advisory committee.

By offering exposure to a variety of sport and activity instruction, the intention is to lay a strong foundation for these children and youth to be supported in engaging in physical activity for life.

Practicum Placements for Physical Literacy in the Early Years Programming

The Calgary Be Fit For Life Centre has been working in partnership with the University of Calgary Childcare Centres to provide physical literacy programming over the last 5 years.

Staffing has proven to be a challenge due to the days and hours of the program. In response, this past year the program was transitioned into being a practicum opportunity for Kinesiology students. The result of this transition has been really positive. Students are able to gain valuable hands-on experience applying what they learn in their degree program with little ones right on campus.

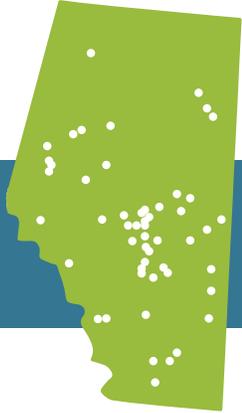
The childcare centres are pleased with the practicums, too. “We appreciate having that connection with the Kinesiology faculty and having young people coming in to teach the children,” says Carol Pizani, the program director at the University Child Care Centre Society West Campus. “I think it’s definitely a win/win situation: The children are led in an activity that’s going to exercise their bodies and build their muscles and we educate our staff on how to use the gym space with the children”.

We feel that the transition to a practicum placement for this program has really strengthened the partnership and we look forward to many more years working together to support the development of physical literacy.



“It’s definitely a win/win situation: The children are led in an activity that’s going to exercise their bodies and build their muscles and we educate our staff on how to use the gym space with the children”

Impact 20182019

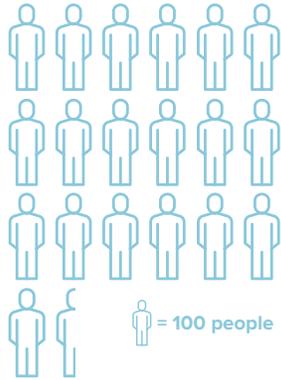


10 Communities Reached

Active Programs and Events

1986

participants across
576
programs & events



Presentations and Workshops

53



with **2089** participants to support practitioners leading physical activity



38

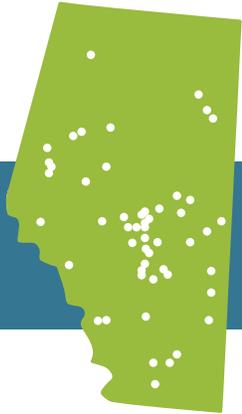
Partnerships

Including:

- Faculty of Kinesiology
- City of Calgary
- SU Wellness Centre
- CBE
- Drumheller EC Coalition
- Mount Royal University
- HPEC
- Calgary Public Library
- Werklund School of Education



Medicine Hat 2018 2019

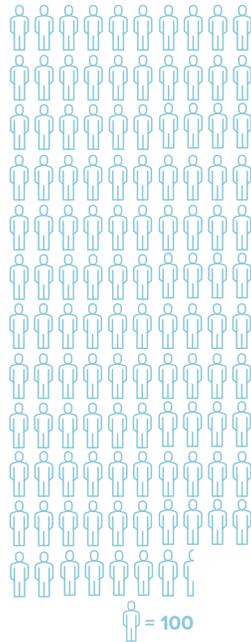


34 Communities Reached

Active Programs
and Events

11789

participants across
1128
programs & events



Presentations and
Workshops

114

with **1661** participants
to support practitioners
leading physical activity



116

Partnerships

Including:

- Medicine Hat College
- Alberta Health Services
- City of Medicine Hat
- Moving & Choosing
- Ever Active Schools
- PLAY Medicine Hat
- FAME: Females in Action, Moving & Empowering
- Canadian Tire
- Jumpstart





Medicine Hat Highlights 20182019

Notables and Testimonials



Recess Summit

The community collaborative Moving and Choosing (M&C) in South-Eastern Alberta identified a need for supports around recess while engaged in their Physical Literacy Mentorship project with Medicine Hat Public School Division #76. Schools had identified concerns over student engagement and behaviours at recess.

M&C partners with the M&C School Advisory, including senior administrators from 4 school divisions, began sharing successful strategies in their schools. Provincial and national partners with successful initiatives were also identified.

Building on an existing event, the 8th Annual Regional School Health Champion Workshop designated its focus on recess and partners pooled their resources to support the Recess Summit.

The Medicine Hat College Education Undergrad Society partnered for the event, engaging pre-service teachers in the planning and collaborative process and served as sessions hosts and emcee for the event. The students were provided with professional development and networking opportunities with their future peers. The event hosted 103 participants from 8 school divisions, including 24 school administrators and 32 teachers.

96% of participants were motivated after hearing the sessions.

84% of participants felt confident in applying the tools/strategies shared at the event.

RECESS SUMMIT

The event hosted keynote speaker Dr. Lauren McNamara, along with other provincial and local speakers. The Be Fit for Life delivered an active break and hosted a display featuring the Network's Move & Play at Recess resource.

Top 5 supports participants felt they needed to take action on rethinking recess:

- Funding
- Staff buy-in
- Time
- School level action plan
- More professional learning

Responding to this feedback, M&C has planned follow-up work to support continued action on recess.

The 2019-2020 Physical Literacy mentorship project with Prairie Rose Regional Division will focus on recess and provincial planning took place with Ever Active Schools to share promising practices across the province.

The Fall 2019 Healthy Active School Symposium in Medicine Hat will focus on supporting student leaders with action planning for successful recesses.

The event also engaged various community partners and provided education on Adventure Play as an option for recess and in support of the City of Medicine Hat's upcoming Natural Playground. The Be Fit for Life Summer Student developed and shared resources on Adventure Play and collected an interest list for a Loose Parts sourcing document. The document was created for sharing in the 19-20 school year.



“Excellent keynote speaker. Very passionate and invested. Also great to have some local presenters that explain what is happening in MH. Thank you for the opportunity to learn and to connect with others in the district once again.”

– Participant

“Rethinking recess must be thoughtful and purposeful to be successful and support student development”

– Participant



Lethbridge Highlights

20182019

Notables and Testimonials



Leading Fitness with Cancer Survivors

The Lethbridge College Be Fit for Life Centre had the opportunity to lead fitness classes with Cancer Survivors in a partnership and certification with Alberta Cancer and Exercise (ACE).

Helen joined the 12 week program in January of 2019, two years post treatment, as she experienced fatigue with decreased strength and balance. During treatment, walking 10 meters without assistance was challenging. Her husband has been a great support, encouraging her to join him for walks and swims. Once she built up confidence, she was determined to continue her health journey, and improve stamina to have the ability to complete her activities of daily living without resting before the job is complete.

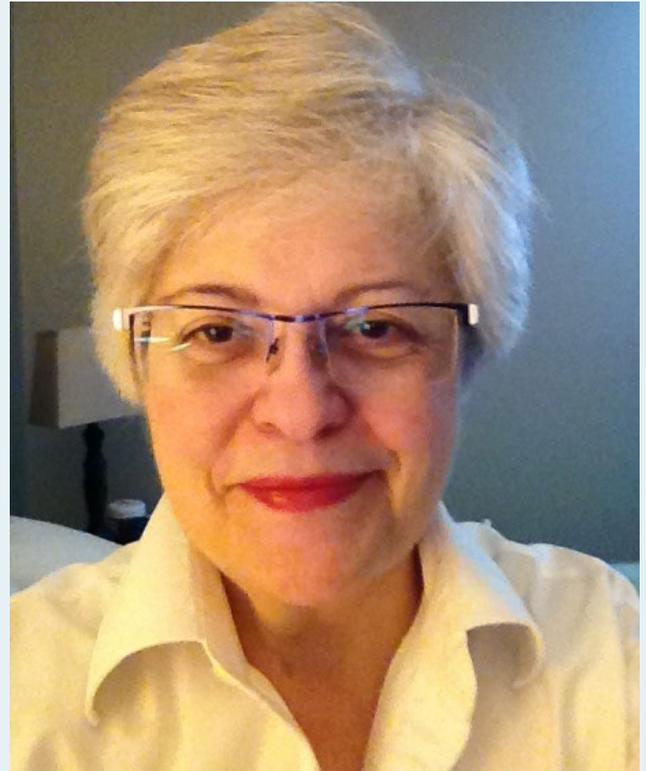
During treatment, walking 10 meters without assistance was challenging.

Once she built up confidence, she was determined to continue her health journey, and improve stamina to have the ability to complete her activities of daily living without resting

Quality time with loved ones is the root of Helen's intrinsic motivation to keep physically active. She did this by staying positive, stating "the sick got me" instead of, "I got sick."

Before ACE, Helen avoided all support groups as she was concerned that other's opinions may bring down her positivity. Starting the 12 week fitness program was not easy. It was a vulnerable time to start an exercise program with new people, in a new setting. However, being in an inclusive environment that builds a sense of community enabled Helen to be motivated by others in the group having gone through similar setbacks

She continues her fitness journey with the support group by going for walks as she recognizes the value of exercise programs as they correlate to less health care costs and less visits to the clinic post treatment. Her goal is to walk around Henderson Lake without stopping for a break on the park bench. Her support system has grown from her husband, a friend in Idaho, a doctor, and a physiotherapist, to a group of other cancer survivors who she now calls her friends.



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Impact 20182019

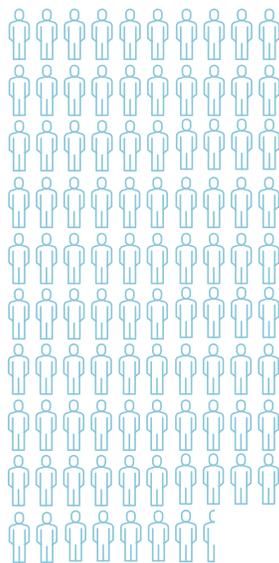


16 Communities Reached

Active Programs and Events

9784

participants across
1439
programs & events



= 100 people

Presentations and Workshops

30

with **407** participants to support practitioners leading physical activity



35

Partnerships

Including:

- Lethbridge College
- AB Solicitor General
- Ability Resource Centre
- City of Lethbridge
- School District 51, Horizon, Palliser
- THRIVE Health Services
- Blood Tribe
- LC Kodiaks
- LC Students Association





www.befitforlife.ca

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