



Health and Healthy Living

Healthy Schools
2nd floor - 300 Carlton Street, Winnipeg, Manitoba, Canada R3B 3M9
T 204-788-6620 F 204-948-2366
www.manitoba.ca/healthyschools

September 2009

Healthy Schools is pleased to introduce the
Physical Activity Campaign

Over the past six years Healthy Schools has provided funding to participating schools in twelve successful campaigns, with topics including safety and injury prevention, physical activity, healthy eating, and mental health promotion.

The Healthy Schools campaign this fall focuses on **PHYSICAL ACTIVITY**. Participating schools will receive \$100.00 plus an additional \$0.35 per student in the school population for an activity that promotes physical activity in their school community. Examples of eligible topics and sample activities are attached to help you develop the best activity for your school.

Any school representative (administrator, teacher, support staff, parent council member, or student council representative) is eligible to apply. *Please note that only one application per school will receive funding.* **You have until November 13, 2009 to apply!**

To apply for the **Physical Activity Campaign**, please complete the attached application form and send it to Healthy Schools by mail, fax, email OR you may also **apply directly online at www.gov.mb.ca/healthyschools/campaigns**. For further information about this initiative, please contact Andrea Lamboo Miln at healthyschools@gov.mb.ca or 204-788-6620.

Actively yours,

Andrea Lamboo Miln

On behalf of
The Healthy Schools Team
Manitoba Health and Healthy Living
Manitoba Education, Citizenship and Youth
Healthy Child Manitoba Office

*P.S. – To help you plan for the 2009/2010 school year we are pleased to inform you that the **Spring 2010** Healthy Schools Campaign will be focused on **Nutrition**. Watch for the application package in January 2010.*

Physical Activity has many benefits and it affects all aspects of a child's growth and development. Physical activity should be an important aspect of every child's daily life. Schools that promote physical activity will not only be benefiting the health and well-being of their students, but they will also be encouraging their teachers and their community!

The Facts:

- √ Regular physical activity enhances academic performance and improves children's mental health contributing to their growth and development.
- √ The prevalence of childhood obesity is increasing and is directly linked to a lack of physical activity. Both obesity and inactivity are modifiable risk factors of cardiovascular disease.
- √ Daily physical activity improves children's skeletal health, which in turn reduces their risk of developing osteoporosis in the future.
- √ It is important to educate, encourage and motivate children to participate in regular physical activity.
- √ Participation in regular physical activity has a positive impact on behaviour and healthy lifestyles in youth.

~ *Healthy Schools in motion* Resource Manual, www.manitobainmotion.ca

How Much Physical Activity Do Kids Need?

Canada's Physical Activity Guides for Children and Youth recommends children and youth accumulate at least 90 minutes of physical activity per day and that their physical activity should include a combination of both moderate activity (e.g. walking, skating, bike riding) and vigorous activity (e.g. running, basketball, soccer).

How Much Physical Activity Are Kids Getting?

In 2007, the *in motion* Survey, a benchmark study in Manitoba, was conducted by researchers at the Health, Leisure and Human Performance Research Institute at the University of Manitoba. The *in motion* study was undertaken to better understand how physically active Manitoba children and youth are and to provide a baseline measurement of physical activity levels as compared to the minimum recommendations of *Canada's Physical Activity Guide*.

Here's what they found:

Among Manitoba children (ages 5-12):

- √ Fewer than 10% meet *Canada Physical Activity Guide* recommendations of 60 minutes of moderate plus 30 minutes of vigorous activity daily.
- √ Fewer than 37% get 60 minutes of moderate activity daily.

Among Manitoba youth (ages 13-17):

- √ Roughly 8% meet *Canada's Physical Activity Guide* recommendations of 60 minutes of moderate plus 30 minutes of vigorous activity daily.
- √ 21% get 60 minutes of moderate activity daily.

Want a copy of the complete report? You can download it from the Manitoba *in motion* website at www.manitobainmotion.ca/about/research.

So let's get active! Need ideas? Here are some examples of fun activities to get your school moving:

Activity	Description
Winter Olympics	Organize an Olympics day/week that highlights events from the up-coming 2010 Winter Olympics. Offer prizes and invite other schools to participate for a friendly competition.
Festival du Voyageur	Take a day trip to the festival or host your own and feature activities such as snow-shoeing, toboggan pull, leg wrestling, skating etc.
Intramural Sports	Organize team sports that can be played at lunch time or as an after school program.
Terry Fox Run	Students collect donations for cancer research and participate in the event by walking, running, cycling or rollerblading.
I Love to Run	Become a Healthy School <i>in motion</i> and use the I Love to Run Challenge resource anytime during the school year.
Physical Activity Breaks	Take several physical activity breaks throughout the school day. Running on the spot, stretching, Energy Blasts DVD etc.
Run and Read	Every morning or a few times per week, students and staff run for 15 minutes and then read for 15 minutes.
Jump Rope for Heart	Students collect donations for the Heart and Stroke Foundation and then schedule an afternoon where all the participants play jump rope to fun music. Including different "skipping stations" adds some variety to the event such as Double Dutch, in partners, and skipping games.
Fun Run/Track and Field	Create a running club where the students run everyday for 10-15 minutes to train for a longer distanced Fun Run or a Track and Field day. Offer prizes and participation certificates.
Yoga/Pilates	Offer a workshop to teach students the importance of stretching and relaxation or incorporate sessions into activity breaks. Use the animal names for the various poses and have the students imitate that animal.
Dance Program or a Dance-a-Thon	Use the gym as a "dance studio" and host a guest instructor to teach various dance styles. Organize an hour long dance-a thon in the gym with prizes, healthy snacks and fun music.
Walking/Cycling School Bus	The <i>Active Safe Routes to School Program</i> encourages the use of active modes of transportation to and from school. Parents/caregivers take turns walking or cycling with children on a designated safe route to and from school. Visit Resource Conservation Manitoba for more information at www.resourceconservation.mb.ca .
Walking Pedometer Challenge	Have students log their steps using pedometers towards certain geographical destinations. The students can make maps to track their routes and learn about the local terrain, wildlife they might encounter, climate, culture etc.
"Caught Being Active" program	To promote physical activity, students are "caught" being physically active at recess, lunch or commuting to and from school. Create a score board and/or offer prizes.

Healthy Schools *in motion*



Is your school a Healthy School *in motion*? If not, why not register? It's free and registered schools receive a number of great resources to help you get your school "in motion". To find out more and to register, visit: www.manitobainmotion.ca/schools.

