



## Ideas & Examples

**Dance of the Spirit** is an initiative developed by the **Tobique First Nation** in New Brunswick. This is an opportunity for children 8 years and up to learn the basics of **native dance**. Elders within the community instruct the youth on movement and promote the importance of physical activity.

**Miramichi MANGO program** is a unique one-of-a-kind wellness program because it reaches out to the community and helps them identify and develop action plans to meet their needs and attain a **healthier lifestyle**. It focuses on education to assist in the prevention of heart disease, diabetes, and other controllable illnesses

**The City of Moncton** has initiated an **Active Transportation** project that will help its citizens understand the importance of environmentally friendly, active modes of getting around the city. Through the provision of bike racks, bike lanes, route maps etc. they have begun to move their population out of their cars and into the fresh air a little more often. Now they are expanding their vision for an Active Moncton and have developed a **Strategic Plan for Active Living in Moncton**.

**Go For Green** is a national organization that encourages **outdoor physical activity**. Learn about various programs that can be applied locally such as Ice Dreams, Gardening for Life and Winter Green [www.goforgreen.ca](http://www.goforgreen.ca)

**Mothers in Motion** is a national initiative intended to address physical activity issues for **new mothers** who want to lead healthy lifestyles and mentor their children to do the same [www.caaws.ca](http://www.caaws.ca)

**Partners for Youth Inc.** in New Brunswick initiated "**Adventures in Recreation – Living a Healthy Life**". They developed an **adventure based-curriculum** which aimed to enable university aged counselors to teach at-risk youth participants the importance and benefits of a healthy active lifestyle.

The **Grand Lake Golden Sneakers Let's Get Active Program** encourages seniors in the greater Grand Lake area to be more active by participating in a carpet bowling league and a walking club. They have trained two members as **fitness leaders** to ensure that opportunities for physical activity continue for this group.

The **Old Time Sunday Skate** in Quispamsis may bring back memories for some and create new traditions for many. Friends, family and neighbours of all ages and abilities are invited to enjoy **skating outdoors** to live, local, musical entertainment on Sunday afternoons.

One region in the **Woodstock, NB** area ran a **Physical Activity Challenge**. This project targeted children 5-10 years of age and their families. Eight rural communities started the **2 week challenge** with a kick off to get the feet moving. This carried over into the school with increased noon hour and after school activities. Participants were asked to register with their community and keep track of their daily physical activity and nutrition for a two week period with the top point winner and top community being awarded prizes.

The **Special Olympics NB PEE-WEE Program** will train leaders to provide 5 to 8 year old children with an intellectual disability the opportunity to be exposed to positive movement experiences in a safe, fun and supportive environment. The program will educate participants and their families about the importance of an **active, well-balance lifestyle** and the **early development of basic motor skills**.