

Physical Activity Strategy Coordinator

It is my role to develop, implement and evaluate a physical activity plan for the Acadia First Nation. The plan will outline actions aimed to increase awareness and participation in structured and unstructured physical activity within the communities.

My position is a jointly funded position by the Province and the Acadia Band. I have an annual budget of \$15 000 for physical activities. Writing proposals to apply for funding is where I will find the rest of the money I will need throughout the year.

What I have accomplished so far:

- I attend regular provincial and municipal physical activity leader meetings and other meetings that have to do with physical activity. I also meet regularly with the other first nation PASCs, sat on the cultural committee for the multicultural event in July. I also attend the rec fund committee meetings so I can get a clear view of what each community is looking for in their area.
- Walking groups have been set up in each of the communities. Contact your local office to get the details on when and where they meet. I lead one myself in Liverpool.
- I offered 10 free one month memberships to Queens Place. I had a few people renew at their own cost.
- I was successful in receiving funding for a canoeing basics program in Wildcat. It ran 13 weeks. Life jackets and canoe paddles were bought with the funding. They can be borrowed by the community now that the program has ended. There are also canoes on site for the children to access now that they have learned the basics.
- I took a 6 week online course on NCD's(non-communicable diseases). Time commitment was at least 5 hours/week.
- Had 3 band members trained as archery instructors.
- The community survey has been delivered to the reserves and will soon be ready to access online for the off reserve population. The survey will give me a clearer view of what the communities' strengths and weaknesses are as far as physical activity is concerned.
- Went to the Yarmouth youth center for a day during summer break and did some physical activity with the youth.
- There were lacrosse sessions held in Yarmouth and Gold River areas.
- Greenfield members took advantage of a \$50 discount off a yearly membership at the Greenfield Recreation Centre. Six members joined for the year!
- Offered a free chair yoga try it class in Liverpool. The class was well attended. A six week chair yoga class will start Oct. 6th in Liverpool since the try it class went over so well.

What I am planning to do:

- In process of registering children in learn to skate programs in Chester, Shelburne and Yarmouth. I was approved for \$2500 through an RBC grant to assist children to learn to skate.
- Plan to encourage the communities with outdoor rinks to use them this year. My hope is that after the children finish the learn to skate program that they will practice on their own rinks in their communities.
- Plan to send three youth to an eight week snowboarding program at Martock. Please contact me if you have a child between 13 and 25 who would like to participate in the program.
- I'm taking an online course called "The Overweight Client" which will give me a better understanding of how to train these clients. I will also receive 4 continuing education courses for this so I can remain certified as a canfitpro personal trainer.
- I will continue to seek funding for programs in our communities.
- Plan to keep the communities updated on the activities that are already in place for free or for a minimal fee through the newsletter and my facebookpage(Acadia Band Fitness Connection) and notices when necessary.
- Plan to offer archery in the Yarmouth area next summer now that I have 3 members trained to teach it in the area. We should have our own archery equipment by then. I'm also hoping to have the trained instructors to go to our other communities to teach.
- Plan to offer a one month membership to Oak Island Inn for 10 people.
- Plan to offer a one month membership at the Y for 10 people in Yarmouth or hold a fitness class at the bingo hall if the space is available.
- Plan to offer a month free at Queens Place for 10 people.
- I plan to look into offering the youth swimming lessons during the summer months. There are free swimming lessons that take place in the Halifax area so I will make sure those residents are aware when they need to register for those. There are also free skating lessons offered on the oval in Halifax.
- I plan to meet with the organizer of the heartland tour to see how Acadia can partner with them. There are organized supported cycling rides in many communities in July. I want to get our communities involved. They supply lunch and food along the cycling route. There is also a fun event at the end for the children. They also have a draw for bicycles to conclude the day. The best part is it's free!
- I'm going to look into getting used bikes donated and fixed up to give away to our community members. I have learned that there are children and adults that would bike if they could afford to purchase a bike. The Municipality of Chester has done this for the last two years. I will let Gold River area know when they need to apply if they would like to get one of the free bikes.

- I am helping plan a cultural day for Oct.24th at the Gold River reserve. There will be archery instruction along with a basket making demonstration followed by a traditional feast.
- I'm also contacting the schools to see how I can get the band members involved in after school programs.

I will continue to come up with ideas for your communities to help you become more physically active. Please contact me with any suggestions or questions you may have for me.

Anita Howard

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