



INFLUENCER & PARTICIPANT INTERACTIONS

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www.activegrand.ca

KEY MESSAGES

15 minutes here... 15 minutes there

Influencer Note: Use these phrases and leading sentences to initiate discussion about physical activity.

Did you know that you are already halfway to meeting physical activity levels for health and well-being benefits? Physical activity can add up when we make small everyday changes to our daily activities, for example:

- Walking to the store, to the bus stop, to appointments, to school with your children
- Taking stairs whenever possible
- Biking
- Playing in the playground or backyard
- Actively playing with your children
- Doing household chores
- Gardening/yard work

Physical activity does not have to include competitive sports or training at the gym. Physical activity for health and well-being includes daily activities that get you and your family moving!

To get you and your family more physically active, do what you are already doing, just do it more often, because the more you move, the better you will feel! Since you already have 15 minutes here ... just add 15 minutes there!

Get tips and resources at www.activegrand.ca to help you get *there!*

Physical Activity ...For Fun! For Health! For Life! ...For You!

Need internet access?

Your local library has it for FREE – you only need to have a library card (which is also FREE). While you are there, check out books and DVDs on stretching and physical activity you can do at home.

Influencer tip

Do you believe you are not the ideal physical activity role model? Use it as an asset! Set goals and learn together by following a physical activity DVD during your regular interactions.



PHYSICAL ACTIVITY INVENTORY

Acknowledge & praise

Influencer Note: Take a physical activity inventory to acknowledge the ways the Participant has been active today. Acknowledging and praising accomplishments (even the small ones) builds confidence!

- Walked to get somewhere (*active transportation*)
- Walked for fun
- Bicycled
- Played at the playground
- Played active games with his or her children
- Did household chores
- Climbed stairs
- Danced to music
- Gardened
- Did yard work
- Carried groceries
- Other _____

Ask the Participant

- What are other ways that could help you be more physically active today?
- What physical activities do you and your family enjoy most?

Remind the Participant

- There are many social benefits to being physically active! Remind Participants of this and to include family and friends in their physical activities.
- Is the Participant already halfway (quarter, two-thirds, etc.) to getting the amount of physical activity recommended for health and well-being benefits? Affirm the Participant's progress! (See folder or www.activegrand.ca for *Canadian Physical Activity Guidelines*).

Influencer Reminders

- Make the judgement call. Consider if your Participant should get a physician's clearance before engaging in more than light physical activity.
- Physical activity promotion needs an individual approach. Beginning an active lifestyle is easiest and most sustainable when one participates in activities he or she enjoys.
- Find more everyday physical activity ideas at www.activegrand.ca.

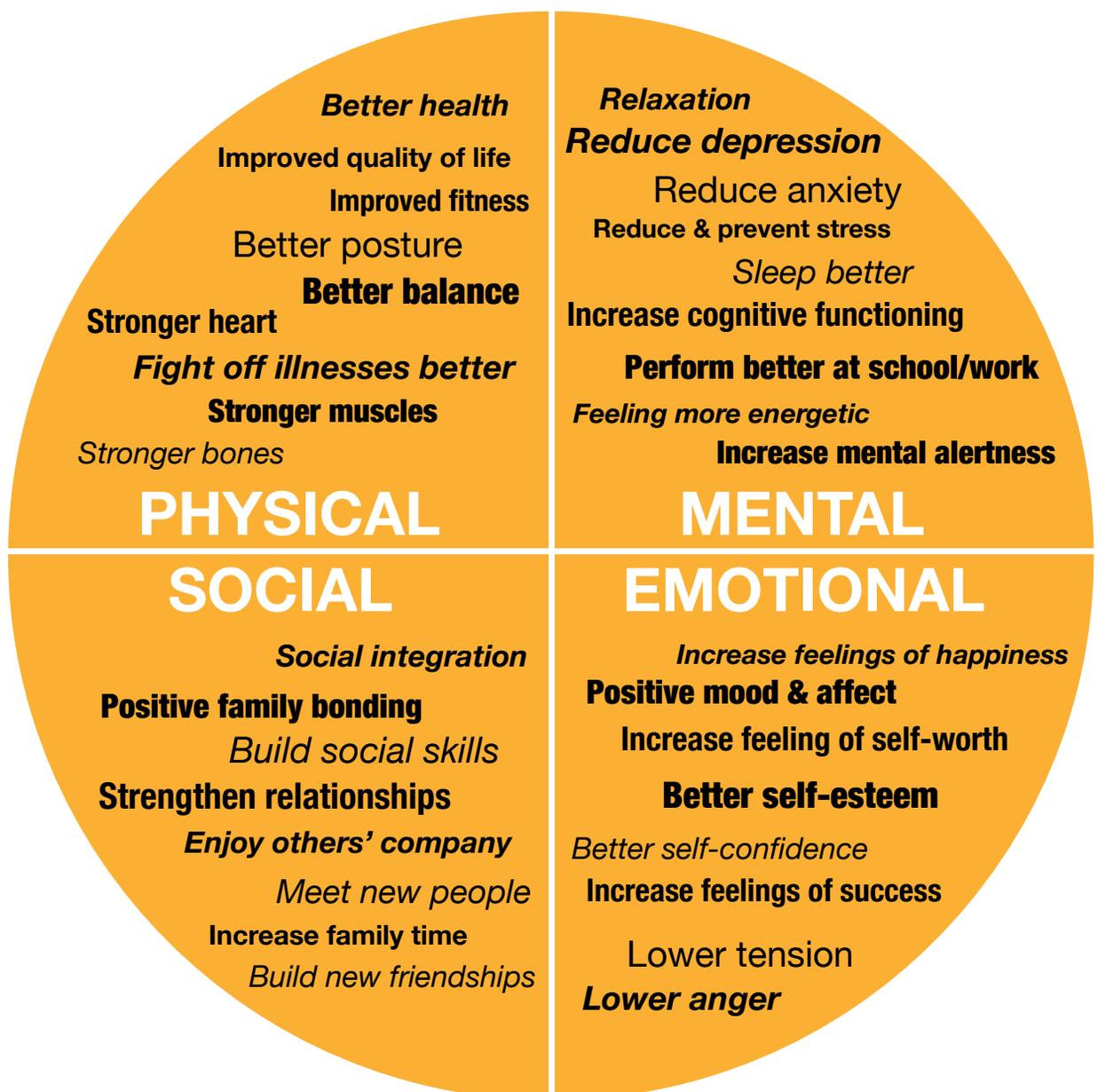
HEALTH & WELL-BEING BENEFITS

Physical activity: a wholistic approach

Influencer Note: Physical activity complements human service provision and medications to help improve overall health and well-being. Always look on bright side – promote the feel-good benefits. Tailor your benefits message to suit each individual.

Ask the Participant

- What benefits do you enjoy from physical activity?
- What benefits do you want to enjoy from being more physically active?
- In each area, circle the most important benefits to you. (Print the benefits wheel from www.activegrand.ca, under the *Healthy Living* page).



COMMON BARRIERS

Plan creative solutions

Influencer Note: While the barriers listed below may seem overwhelming, there may be creative solutions that help overcome them. Everyone has various barriers to participating in physical activity. Take an inventory of your Participant's barriers to being physically active. Help them build a plan to manage their barriers so they do not get in the way of increased physical activity. And remember, everyone has "off days."

I do not have enough time.

You do not need hours of free time to be physically active. You can achieve the benefits of physical activity even when you break it down into 10-15 minutes sessions a few times a day. Choose activities that are close to home to cut down on travel time. Adults, work your way up to 30 minutes or more most days of the week. Children and youth, work your way up to 60 minutes or more per day. Physical activity is about caring for yourself!

I do not have enough energy.

Plan your physical activity for when you feel the most energetic during the day – whether it is first thing in the morning, during your lunch break or just after dinner. Once you start being more physically active, you will begin feeling more energized. Make it part of your daily routine.

Physical activity is too expensive.

You do not need to join a gym or buy expensive equipment to get the health and well-being benefits of physical activity. Walking is a great way to move for FREE! Having fun with your children by actively playing in the backyard or at the park is also a great way to enjoy physical activity at little or no cost. Explore www.activegrand.ca for more FREE & low-cost activities. Make a list of inexpensive activities you can do as a family.

I get bored with physical activity.

Choose physical activities you enjoy. If you enjoy walking, explore different routes or make your walk a scavenger hunt (architecture, wild life, trees, etc.). Invite family and friends to join you and make physical activity a social activity as well. Switch between activities you enjoy to keep things interesting. Try new activities you have never participated in before. To find more ways you can enjoy physical activity near you, visit the *Activity List* or *Activity Map* pages on www.activegrand.ca.

I don't have transportation to be physically active.

By walking or biking to the store, school, work, appointments, etc., you are part of the ever growing Active Transportation movement! Physical activity can be done in the comfort of your home, backyard, neighbourhood, or at your local park. Take an inventory of what you have (i.e. soup cans as weights) and make physical activity plans with what is available. Start today and find out how great it feels to be active!

PHYSICAL ACTIVITY PLANNING

Why? What? Where? When? Who?

Influencer Note: As Influencers, you are already great at helping your Participants set SMART goals, so here are a few considerations to keep in mind when making physical activity plans.

Remind the Participant

- Movement is an opportunity, not an inconvenience
- Physical activity is about participation, not performance
- Physical activity is about self-care
- Have the Participant choose activities he or she enjoys
- Look at physical activity as an enjoyable opportunity
- Activity can be broken down into 10 minute sessions if needed
- Build activity into daily routines
- Physical activity can be fun for the whole family
- Physical activity is for overall well-being of the Participant and his or her family
- Choose sustainable and lifestyle physical activities

Influencer Reminders

- There may be side effects from medications and the Participant may question “How far can I go?” Slowly build up activity level; replace sedentary behavior with light or non-incident activity; and use your sound judgment if the Participant should be referred to a doctor before engaging in more than light physical activity
- Start where the Participant’s physical activity levels and abilities are. Gradually work up to the *Canadian Physical Activity Guidelines* (see folder or www.activegrand.ca for the *Guidelines*)
- Legitimize the role that physical activity has on overall health and well-being
- Suggest walking meetings with the Participant. You will both benefit!
- When modifying goals, consider duration, time of day, activity type, and intensity
- Anticipate potential barriers and have alternate plans
- The Participant needs to feel safe in the physical activity environment
- Remember the Participant could have fears or apprehension due to past bad experiences (e.g. laughed at school, weight gain because of medications, cannot envision self as being active)
- The Participant needs something to look forward to and something achievable
- There is no “one size fits all approach”

Want to Learn More?

Learn about *Physical Literacy* – it will help you legitimize the important role of active play. Physical literacy is about the need to give children opportunities for physical skill development before putting them in “specialized sports,” as children need to learn the fundamental movements to get an active start to life.

www.activeforlife.ca.



FOLLOW-UP CONVERSATION

Staying active

Ask the Participant

What activities kept you active this week? _____

What was it about the activity that you enjoyed? _____

What helped you continue with it? _____

What areas of your health and well-being did you notice improvements (physical, social, emotional, mental, etc.)? _____

What additional activities could you add to your daily routine, so that you can enjoy even more well-being benefits? _____

Has www.activegrand.ca helped you find FREE & low-cost ways to be active? _____

Remind the Participant

Progress can be measured in many ways (mood, sleep, self-esteem, well-being feelings, energy, building social skills, etc.)! Find out how the Participant wants to measure his or her physical activity progress.

Have More Time?

Alberta Centre for Active Living developed the *Physical Activity Counselling Toolkit*, which is available on their website. The worksheets are written in plain language which the Influencer and Participant can work through together or individually. Active Grand suggests using the *Behaviour Change* tools (see folder or a link on www.activegrand.ca for the *Behaviour Change* worksheets) which include the following topics:

- Taking the first step
- Make a physical activity plan
- Setting goals for physical activity
- What stops you from being physically active?

www.centre4activeliving.ca

Referral resource

Continually walk through www.activegrand.ca with Participants so they know how they can benefit from the website, ultimately, staying regularly active!



FREE & LOW-COST PHYSICAL ACTIVITY

Active play ideas

Influencer Note: Being physically active does not mean you need to be enrolled in a structured activity. Whether it is in your backyard or at a park, in the neighbourhood or on trails, here is a list of ideas to help you and your Participant brainstorm creative ways his or her family can enjoy being active. Choose one or a few ideas to keep active everyday!

Home/Backyard/Park

Active play is fun for all ages and gets the whole family moving without even knowing it! Active play can be done whether you live in the city with a park or you live in a rural area with a backyard.

- Plant and maintain a flower/vegetable garden at home or at a community garden
- Play hopscotch or create a mural with sidewalk chalk
- Have a picnic and play Frisbee
- Plan a weekly play group
- Have a water fight, run through a sprinkler or the splash pads at local parks
- Jump rope. Try Double Dutch.
- Create an obstacle course, have family races, or go on a scavenger hunt
- Rake leaves/shovel snow for your neighbour
- Play Hide & Go Seek or Tag
- Play in the snow, build an igloo, make snowmen, go sledding
- Borrow a dance/yoga/fitness DVD or book from the library
- Fly paper airplanes or a kite (try creating your own!)
- Climb a tree or build a fort with items found around your house
- Kick, throw or bounce a ball around
- Hide a treasure, create a map, and go treasure hunting!
- Dance to music. Try creating your own dance routine
- Chase butterflies or bubbles
- Swings are fun for all ages! Try making your own at home
- Mow the lawn and clean up the yard
- Play games: Simon Says, What time is it Mr. Wolf or Follow the Leader
- Have hula-hoop, juggling or jumping jack contests
- Clean out your closet, basement, garage and donate unused items
- Teach your children your favourite childhood games
- Create your own slip n' slide
- Wash your car or bike by hand

Did you know?

Be an active role model! One of the best ways to get children moving more is for parents/caregivers to lead an active lifestyle. Have fun and get moving with them!



Walking

Walking is the gateway to increased physical activity. It can be done by people at just about all levels of health, it is FREE and there is no need for childcare as you can take children with you.

- Walk children to and from school, during coffee breaks, or after meals as a family
- Meet a friend for a walk instead of over coffee
- Join or start a walking group
- Go on an Alphabet Walk; find something that starts with every letter on your walk
- Walk your dog (or your neighbour's)
- Walk or run around the playground/soccer field/etc. as your child plays
- Walk/run/bike and watch the sunrise/sunset
- Explore a park or part of a trail you've never been to before
- Take a walk on the trails along the Grand River and learn about the wildlife you see
- Climb stairs, even when you do not have to
- Get your arms pumping while you walk! Use soup cans as weights
- Rainy outside? Play anyway! Put on a jacket and grab an umbrella
- Cold outside? Put on a warm jacket, mitts, scarf, hat and go for a brisk walk
- Too hot? Walk and climb stairs in a mall or at home.

Community

- Pick your own strawberries/apples
- Plant a garden at your local Community Garden
- Clean up the neighbourhood
- Swim or play at a splash pad
- Fish or skip stones on the water
- Borrow a book about birds and go bird watching
- Explore local museums or contact your local Tourism department for events
- Contact your local Parks & Recreation department for FREE & low-cost programs and events being offered (e.g. watch for FREE & low-cost public skates and swims)

Influencer Reminder

A key to maintaining an active lifestyle is to do activities one enjoys! Find out what physical activities your Participant enjoys, or used to enjoy, without cost considered. Contact a physical activity resource to advocate on the Participant's behalf to ask if subsidies are available. Consider location if there are transportation limitations (tip: use the *Activity Map* on www.activegrand.ca to see a map view of the activity locations).

Want more ideas? www.activegrand.ca

- **Events:** a list of FREE & low-cost physical activities, programs, and events in your community
- **Seasonal Activities (under Healthy Living):** FREE & low-cost ideas
- **Activity List or Activity Map:** type "free" in the *Search by Activity* box
- **FREE & Low-cost:** find out what financial supports are available

WEBSITE: REFERRAL TOOL

www.activegrand.ca

Features

Activity Finder: Search for physical activity opportunities in the Brantford, County of Brant and Six Nations by location, activity type or keyword. The *Activity List* will show results in a list format. The *Activity Map* will show results on a map, which you can then click on an icon for further details.

Events: FREE & low-cost activities, events and programs are continually being updated for each community.

Healthy Living: Learn about the benefits of an active healthy lifestyle, get seasonal activity ideas, find additional website resources on physical activity and nutrition, and read local health statistics related to physical inactivity.

FREE & Low-cost: Where to find low-cost activities, equipment and financial support.

Toolkit: Download the *Active Play Toolkit* and other resources to help you keep active.



Searching the Activity List or Activity Map:

1. Go to the **Activity List** or **Activity Map**.
2. Click on your **community** of choice (top center).
3. Click on an **Activity Type** (left column) OR type in a **keyword** such as *free*, *low-cost*, *playground*, *walking*, etc. in the **Search by Activity** box.
4. Click **Search** (left bottom).
5. Results will be displayed. Click on an activity to read more details.
6. Read the details, visit the website (if provided), and click the **Get Directions** feature.
7. In the **Get Directions** feature, if you would like to search for directions from a different starting point than the default given, **move the blue person icon** on the map to where you want the starting point to be and click the **Refresh** button.
8. Begin your search over to find more ways to enjoy physical activity!

Facebook or Twitter user?

Follow Active Grand on the social media websites to stay updated on local FREE & low-cost activities and receive motivation tips to keep active!

