

Aboriginal Sport, Recreation & Physical Activity Partners Council

Aboriginal Healthy Living Activities

2016 Regional Leader Training Information Bulletin

Aboriginal RunWalk & Honour Your Health Challenge

Supporting you to create your own community healthy living project

REGIONAL LEADER TRAINING SESSIONS — Designed to bring together community leaders and individuals who are passionate about supporting health and wellness, the 2016/17 Aboriginal Healthy Living Activities begins with a series of regionally based Leader Training Sessions delivered in partnership with the Aboriginal Sport, Recreation & Physical Activity Partners Council and SportMedBC. Workshops offered at the training sessions will combine leader training for both the Aboriginal RunWalk and the Honour Your Health Challenge programs. This year's workshops will include Nutrition, Physical Literacy, Sport Injury, Good Mental Health through Physical Activity, FitNation, Yoga, HealthBeat for Community, Nordic Walking, and more! The sessions are designed to build leadership capacity within Aboriginal communities and promote healthy living in key areas such as: increased physical activity, healthy eating, reduction of tobacco misuse, and supporting healthy pregnancies. At the conclusion of the 2-day Leader Training Sessions, participants will be eligible to **apply for a grant of up to \$1,000** in support of an Aboriginal RunWalk of Honour Your Health Challenge program.

ABORIGINAL RUNWALK PROGRAM — This 13 - 21 week program supports participants of all fitness levels in preparing to walk or run a 5 or 10K event. SportMedBC will provide training and support to community leaders as they facilitate a RunWalk training program, starting in January 2017. Upon completion of the Regional Leader Training Sessions, community leaders will have the training, tools and resources necessary to motivate and inspire participants to successfully complete a 5 or 10K walk or run.

HONOUR YOUR HEALTH CHALLENGE — This program encourages innovation and needs-based approaches to promoting healthy, active lifestyles. As part of the Regional Leader Training Sessions, the Partners Council delivers a series of workshops to prepare leaders for their role in planning and delivering their own unique minimum 6-week community-based project. Projects will promote healthy life choices in one or more of the following areas; increased physical activity, healthy eating, reduction of tobacco misuse, and supporting healthy pregnancies. Examples of past projects include creating community cookbooks, girls/boys specific fitness programs, community recreation nights, plant identification hikes, healthy school lunch programs, canoe launches and many others.

GRANTS FOR HEALTHY LIVING PROJECTS — Minor grants of up to \$1,000.00 are available at the completion of training to support the successful delivery of healthy living projects in Aboriginal communities and Friendship Centres across British Columbia. Trained Aboriginal RunWalk and Honour Your Health Challenge leaders can apply for these grants to support one of the following project areas:

- **Aboriginal RunWalk** – Delivery of a 13 – 21 week RunWalk program and/or creating a 5K or 10K event (we encourage events to coincide with National Aboriginal Day)
- **Honour Your Health Challenge**- Developing and implementing a minimum 6-week program (between January and May 2017) aligned to one or more of the four Healthy Living priority areas (increased physical activity, healthy eating, reduction of smoking misuse, and supporting healthy pregnancies)

Note: Minor grants are ONLY available to those that have attended a Regional Leader Training Session and are intended for Aboriginal healthy living projects.

For additional information on the AHLA and the Regional Leader Training Sessions, please visit:

<http://aboriginalsportbc.ca/healthy-living-activities/regional-leader-training-sessions/>

or contact: Jessie Toynbee, Provincial Coordinator, Aboriginal Healthy Living Activities

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