

Alberta Active Living Partners

Promoting Active Living In Alberta



Alberta Centre for Active Living
Alberta CSEP Health & Fitness Program
Alberta Fitness Leadership Certification
Association

Be Fit For Life Network:

Grande Prairie Regional College

Keyano College

Lakeland College

Lethbridge College

Medicine Hat College

Portage College

Red Deer College

University of Alberta

University of Calgary

Ever Active Schools

SHAPE (Safe, Healthy Active People
Everywhere)



Highlights of AALP 2010/2011



Who we are:

The Alberta Active Living Partners (AALP) are 14 active living organizations that collaborate in a sector including recreation, active living and sport, to achieve the vision of the Active Alberta Policy: *Albertans enjoy a high quality of life, improved health and wellness, strong communities, economic benefits and personal fulfillment through recreation, active living and sport.*

Associated Partners

Alberta TrailNet Society

Alberta Recreation and Parks Association

Key Networks

Alberta Policy Coalition for Chronic Disease Prevention

Regional Health Promotion Networks

Active Transportation Network (Edmonton)

ParticipACTION Network

The Canadian Active & Safe Routes to School Partnership

Contributions to the Active Alberta Policy

Many AALP projects address a number of Active Alberta Outcomes. The following are key initiatives listed under the outcome most strongly supported.

Outcome One: Active Albertans

Canadian Physical Activity and Sedentary Behaviour Guidelines

The AALP supported the launch and dissemination of the new Canadian Physical Activity Guidelines and the Canadian Sedentary Behaviour Guidelines for Children and Youth in January 2011. The guidelines advise Albertans on how much physical activity they need to gain health benefits and also advise to minimize sedentary time.



Ever Active Kids

Alberta leaders and practitioners are better able to develop quality leadership and physical activity programs, including physical literacy, through this Alberta Fitness Leadership Certification Association (AFLCA) fitness module. In 2011, 32 staff in out-of-school care centres were trained.

Move and Play Through Physical Literacy

The Move & Play Through Physical Literacy resource cards help activity leaders integrate physical literacy into a variety of programs, activities and environments. The Be Fit For Life Network developed the resource in collaboration with partners in early childhood, education, sport, health, and recreation.

Outcome Two: Active Communities

Fitness Leadership Certification in Alberta High Schools

The AFLCA program is now being offered as part of the Career and Technology Studies (CTS) program in high schools. This program will enable Alberta high school students to become fully certified as AFLCA leaders.

Training was delivered to 63 teachers in Ft. McMurray, Edmonton, Grande Prairie and Fairview.



Functional Independence Training Program for Older Adults

This Alberta Fitness Leadership Certification Association training program is designed to provide leaders and practitioners with additional tools to support the unique exercise needs of older adults.

Go Girl

The Red Deer Be Fit For Life Centre coordinated an annual Go Girl event that brought all Grade 5 girls in Red Deer together for an exciting active day! Other partners included school boards, teachers, the City of Red Deer, Alberta Health Services, and local sport and physical activity organizations. In other areas of the province, local events include Girl Power, Go For It, Totally U Girl, and Girls In Motion programming.

Healthy Active Schools Symposia

Ever Active Schools symposia provide resources, knowledge and networking to support healthy active school communities (in 11 communities across Alberta). Students, teachers, parents, and administrators come together for a day of sharing, information, planning and fun.

Home Support Exercise Program

The Home Support Exercise Program is a set of 10 evidence-based exercises for homebound older adults. The program contributes to fall prevention and independent living. In 2011, a facilitator workshop was held in Edmonton and a new DVD illustrating the exercises was in production.

Pedestrian/Bike Safety

SHAPE provided support and resources to schools and communities throughout Alberta including crosswalk safety, pedestrian safety and bike safety through bike rodeos, presentations and activities.

Physical Activity Counselling Toolkit

The Alberta Centre for Active Living's Physical Activity Counselling Toolkit was designed to provide physical activity information to Albertans with limited English skills. Ten plain language resources in English, Punjabi, and French were launched for the use of practitioners. Translations in Chinese and Spanish are scheduled for 2012.

Outcome Three: Active Outdoors

International Walk to School Week

In 2011, 36,821 Albertans participated in International Walk to School Week events promoted by AALP members. Evaluations indicated that 69.4% of schools will continue with other walking events.



Wheel Day

A provincial partnership of SHAPE, the Be Fit for Life Network and the Alberta Motor Association supported Wheel Day. Alberta children and youth were encouraged to ride bikes, skateboards, scooters and any self-powered wheels to school, the library, the park and anywhere your wheels could take you! In 2011, 12,112 Albertans participated in Wheel Day.

Winter Walk Day

A provincial partnership with SHAPE, the Be Fit For Life Network, and the Alberta Motor Association helped to drive the success of Winter Walk Day. In 2011, 100,000 Albertans braved cool temperatures and logged 2.3 million minutes.

Outcome Four: Active Engagement

Shifting to Wellness

This shift work lifestyle education program by the Be Fit for Life Network provides shift workers with strategies to improve risky health behaviours. The program is particularly active in the Fort McMurray area.



Healthy U

The Alberta Centre for Active Living provided physical activity and healthy eating articles and tips for the Government of Alberta's Healthy U website. Designed primarily for the general public, this website is funded by Alberta Health and Wellness.

Quality Fitness Practices

Alberta CSEP Health & Fitness Program ensures that quality fitness practices and physical activity counselling services are available to assist in the promotion of an active lifestyle for all Albertans.

School Travel Planning

SHAPE worked with 16 school communities to develop school travel plans that will encourage active transportation to school and after-school activities.

Outcome Five: Active Coordinated System

Alberta Survey on Physical Activity

The Alberta Survey on Physical Activity, conducted by the Alberta Centre for Active Living, provides evidence for the system's work.

The 2011 Alberta survey showed a slight decline in the percentage of adults doing enough physical activity to gain health benefits and analyzed a number of factors affecting leisure-time physical activity.

AALP Networking Meeting

The annual AALP Networking Meeting brings together practitioners and decision-makers from the recreation, active living and sport sector, as well as other sectors such as health, transportation, social services and urban planning, in a valuable knowledge sharing event. The 2011 event attracted 49 participants and featured Dr. Kerry Mummery speaking on Australia's 10,000 Steps program.



Outcome Six: Active Pursuit of Excellence

Canadian Sport for Life Program

The Be Fit For Life Network and Ever Active Schools support the delivery of the Canadian Sport for Life program in Alberta through involvement with the Canadian Sport for Life Alberta Ambassador's Network.



Impact Statistics (2010-2011)

Activating Albertans:

287,273 Albertans participated in AALP programs/services

Resources delivered:

107,775

Displays/exhibits:

51 impacting 81,000 Albertans

Presentations/lectures:

2,348 impacting 71,600 Albertans

Workshops/courses/in-services:

728 impacting 17,000 Albertans

Increasing practitioner knowledge:

91% of practitioners accessing AALP programs reported increased knowledge of physical activity

Website visits:

214,295/year or 17,858/month

Newsletter circulation:

72,978

Media contacts:

reached a potential audience of 2,235,600 people

The Alberta Active Living Partners are funded by the Alberta Sport, Recreation, Parks & Wildlife Foundation.

Government
of Alberta ■

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Freedom To Create. Spirit To Achieve.