



The Community of Fort Erie
2005

Acknowledgements

The support of the Government of Ontario, through the Sport and Recreation Branch of the Ministry of Health Promotion is acknowledged.

The views expressed herein are those of the Fort Erie Community Roundtable and do not necessarily reflect those of the Sport and Recreation Branch of the Ministry of Health Promotion or the Government of Ontario.

The support of YMCA is also acknowledged.

Alison Massey – Public Health, Region of Niagara
Annette Maracle – Interested Citizen
Darryl Kerr – Interested Citizen
Donna Sommerville – Head Injury Association of Fort Erie
Judy Doxtator – Native Friendship Centre
Margaret McCarthy – Peacebridge Authority
Mary Jo Rehm – Secondary School Teacher
Pauline Wilson – Association for Community Living Fort Erie
Rebecca Parton – Personal Trainer / Special Needs Educator
Sandra Gooderhm – Multicultural Center
Deanna Bryant – Community Health and Wellness
Sue Morrison – Ministry of Tourism and Recreation
Sylvia Roach – YMCA of Fort Erie
Wendy Middleton – Project Coordinator



Table of Contents

Project Overview	1
Background	2
Vision for 2008	2
Involving the Community	3
Healthy Living and Physical Activity	3
Related Findings	4
Fort Erie	4
Local Data Collection	5
Surveys	5
<i>The Times</i> Survey Question	6
“What could you do right now to get physically active?”	
Ballot Survey	6
Secondary School Survey of Health	6
The Fort Erie Community	7
Community Strengths	8
Community Role Models	9
Vision In Action	11
Leisure Time Activity Sheet	12
Walk Niagara Tool Kit	12
Prescription for Physical Activity	13
“Try It” Activities	13
Dance Dance Revolution (DDR) Arcade Game	14
Wellness Committee Promotion	14
Policy Recommendation for the Town of Fort Erie	15
Next Steps and Implementation	16
References	17
Glossary	18
Appendices	
Fort Erie Physical Activity Survey	
Fort Erie Physical Activity Master Database	
<i>The Times</i> Survey Question	
Secondary School Survey of Health	



1

Project Overview

In early 2005, the YMCA convened people and organizations in 16 communities throughout Ontario who share a passion for healthy, active living and a sense of urgency related to current levels of physical inactivity. Their common mission? To get people moving and living healthier lives. Their common task? To exchange information, experience and insight toward the creation of a plan of action.

Across the province, more than 250 concerned citizens, educators, and representatives of government, public health, the media, business, and organizations large and small, came together to take stock of their resources and to determine what steps they might take together.

Conversations percolated for several months in Barrie, Brampton, Brighton, Cambridge, Chatham-Kent, Fort Erie, Kingston, Lake Country, Mississauga, North Simcoe, Port Hope/Cobourg, Port Perry/Whitby, Sarnia, Sault Ste. Marie, South Georgian Bay, and Sudbury. Each conversation reflected the unique character, conditions and circumstances of these communities. Each plan now provides insight into common and particular challenges or opportunities. Even more importantly, each plan is a map of ideas, partnerships and programs leading to different health outcomes for specific groups of people.

The YMCA facilitated the development of the roundtables in the same spirit as it has supported the holistic development of individuals for more than 150 years. Its focus was on welcoming and including diverse voices, emphasizing strengths or assets over deficiencies, and taking a practical, "people-centered" approach to distinguish this work from other related planning processes.

This project will be evaluated in the fall of 2005. Learnings will be shared widely to strengthen our collective capacity to learn and lead in ways that improve the quality of life for all Ontarians.



2

Background

The community of Fort Erie received a head start on the Active 2010 initiative when the YMCA of Fort Erie, Big Brothers & Big Sisters, and the Town of Fort Erie's Community Health & Wellness met in July 2004 in a response to the Ministry of Tourism and Recreation (MTR) announcement of impending funding. The purpose of this meeting was to discuss Active 2010 and the Community in Action program. This particular meeting was prompted by the alarming statistics from Statistics Canada and Health Canada, stating that 49% of the Fort Erie community was inactive, 33% were overweight and 17% were obese. The YMCA of Fort Erie acknowledged that an Ontario YMCA initiative was in process that would target nine YMCA's who would represent 16 communities to play lead roles in securing funding with the MTR to hire a project coordinator(s) and begin Community Roundtables. A Steering Committee was formed with representation from the YMCA of Fort Erie, the Town of Fort Erie Community Health and Wellness office and Regional Services of the Ministry of Tourism and Recreation.



A successful launch of Active 2010 took place in January 2005 at the Fort Erie Leisureplex. Participants heard about the background work done and were led through a brainstorming session to discover what strengths Fort Erie possesses. Participants were also asked to imagine a more physically active community and how mobilization could occur. Through these questions the Steering Committee attained useful information that helped to jump-start this initiative. Several guests of the launch, interested citizens, sports groups and secondary school teachers volunteered to be a part of the roundtable.

During the first community roundtable meeting current strengths within Fort Erie were identified and what stakeholders within the community were missing from the process. The Steering Committee proceeded to make contact with the Niagara Region Public Health Department (NRPHD), private businesses, social services and charities. They were successful in engaging a representative from Peace Bridge Authority, the Fort Erie Multicultural Center, Community Living Fort Erie and the Fort Erie Native Friendship Center and a Physical Activity Health Promoter NRPHD. The Community Roundtable met the second Wednesday of each month from February to September.

Vision for 2008

In an effort to convey the direction the Roundtable is heading and it's desired outcome a vision statement was created. The end product was a vision statement that is both inspiring and achievable.

“Everyone of the community of Fort Erie has opportunities to engage in regular year round Physical activities of their choices.”



3

*After dinner, rest
awhile, after
supper, walk a
mile. - Arabic
Proverb*

Involving the Community

In an effort to engage the wider community, the Community Roundtable created and distributed several surveys as well as presented the Active 2010 initiative to Town Council. An article first appeared in The Fort Erie Times regarding Active 2010 in January 2005 and was followed up with another article in April. The April article an update was provided on the Active 2010 progress and asked the readers “What could you do right now to get physically active?” Ballots were created displaying the same question, and those who filled in their name and phone number were entered in draws for a free one-year YMCA of Fort Erie family membership. Again this same question appeared on a survey that was created and distributed to secondary school students. The results from these surveys can be found further on in the report under Surveys.

An Active 2010 presentation during a Town Council meeting on May 9th added to the efforts of community awareness. During this televised presentation, the Steering Committee asked Town Council to participate in a Pedometer Walking Challenge.

In addition, members of the Community Roundtable and other interested citizens participated in the Pedometer Walking Challenge. Many succeeded and surpassed the goal and continue to use their pedometers on a daily basis.

Healthy Living and Physical Activity

It has been proven that regular participation in physical activity helps to prevent certain chronic conditions, including heart disease, hypertension, stroke, type II diabetes, osteoporosis, and certain cancers. (Craig,Cameron, 2002, pg 1) The benefits of physical activity on depression have also been studied. “Increasing physical activity is a positive and active strategy to help manage depression.” Says Kristin Vickers-Douglas Ph.D., a psychologist at Mayo Clinic, Rochester, Minn. A growing volume of research shows that exercise also can help alleviate symptoms of certain mental disorders, such as depression and anxiety, and help prevent a relapse after treatment. (Mayo Clinic Staff, 2003)

Even with these proven benefits, nearly half of all communities remain inactive. According to the Heart and Stroke Foundation, almost two-thirds (12.1 million) of Canadian adults (age 20-64) are overweight or obese. Obesity can increase a person’s risk of developing heart disease or stroke by 50%. Dr. Anthony Graham, Heart and Stroke Foundation spokesperson and cardiologist states, “the increasing number of overweight and obese Canadians now poses one of the greatest threats ever to public health in this country. The prevalence of this serious health risk is almost exactly what we faced with tobacco use 30 years ago – when half of Canadians smoked.” The Heart and Stroke Foundation research has shown that the number of deaths in Canada attributable to overweight and obesity has almost doubled over



4

the past fifteen years, increasing from 2,514 in 1985 to 4,321 in 2000. (2004 Heart and Stroke Foundation)

It has also been concluded that about \$2.1 billion, or 2.5% of the total direct health care costs in 1999, were attributable to physical inactivity. Furthermore, a 10% reduction in physical inactivity could potentially reduce health care expenditures by \$150 million a year. (Katzmarzyk, Gledhill and Shephard 2000, pg 1)

Related Findings

Due to the changing nature of society, single-parent and common-law relationships are more and more prevalent in today's families. According to Statistics Canada In 2002, children of parents who sought court-ordered custody were placed in the care of their mother. Of 35,000 children, sole custody of 49.5% was awarded to their mother. Children of common-law unions are more likely to end up living with their mother. Low income was particularly prevalent (32%) among lone-parent families headed by a woman. (Statistics Canada, 2003). The community of Fort Erie consists of a staggering number of single parent families. Statistics Canada data reveals there was 1,320 lone parent families in Fort Erie in 2001 and that number is rising.

Due to the constraints of raising children and working outside of the home, many single-parent families feel they do not have the time or finances to incorporate physical activity into their lives. The daily pressures take precedence over physical activity and health-related matters. Statistical studies repeatedly document the relationship between low socio-economic status and poor health. Individuals with less education, those with lower income, and those living in smaller communities face more barriers to physical activity than others. Only 15% of the entire female population in Canada engages in physical activity frequently enough to improve fitness levels, the majority of whom are white and middle or upper class. (Frisby, Fenton, 1998, pg 14) Families living in poverty live in very diverse situations. Some parents may not be emotionally able to contemplate getting involved in physical activity. Low self esteem, depression, marital problems, language barriers, culture, "feeling like I don't belong", and "struggling to survive from day to day" will prevent many from getting involved. (Frisby, Fenton, 1998, pg 17)

Fort Erie

The community of Fort Erie faces many other challenges. The socio-economic status of the community residents is consistently lower than the national and provincial average. According to the 2001 Fort Erie Community Profile, the average earnings for all those persons earning income, were significantly lower (\$27,999) compared to the Ontario average (\$35,185); and the Canadian average (\$31,757). (Morris-Tries 2003, pg 9.) A large portion of the Fort Erie community is living in



5

poverty, 13% have a family income under \$20,000 and 14% have a family income between \$20,000 - \$29,999 according to the 2004 YMCA Priority: SAM Member Survey – Fort Erie.

Local Data Collection

The Community Roundtable put together a Physical Activity Contact Database that consisted of health and fitness organizations and businesses, community and social services within the Fort Erie community. Based on this information the Fort Erie Physical Activity Survey was developed. This survey, as seen in Appendix 1, was delivered to those listed in the Physical Activity Contact Database. A sampling of organizations were asked to provide information relating to the following categories:

- Organization Initiative – (Organized Activity, Program, Service, Resource, Special Event, Campaign)
- Organization Target Group
- Sex of Participants
- Fee Requirement
- Membership Requirement
- Subsidy Availability
- Organization Participation Numbers
- City or Town in that services were available
- Which Season the activity was available



Based on the results from this survey, a Master Database was created that includes detailed information from the above-mentioned categories.

The results of the Fort Erie Physical Activity Survey, although not statistically and scientifically valid, suggested current participation rates with local physical activity organizations. Please see Appendix 2 for more information regarding the Fort Erie Physical Activity Master Database.

By gathering this baseline data we will be able to compare membership and participation rates in 2008.



6

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. – Paul Dudley White



Surveys

As an aid in establishing Target Groups, determining what types of initiatives the Roundtable should embark on and the state of community participation in physical activity, three types of surveys were created: *The Times* Survey Question, "What could you do right now to get physically active?" ballot survey, and the Secondary School Survey of Health.

The Times Survey Question

In April when *The Times* featured an article regarding the Active 2010 progress a question was presented to it's readers: "What could you do right now to get physically active?" Readers were asked to send their responses to The Community Roundtable Project Coordinator either by email or mail. Though response rate was poor it was decided that the same question should be asked, but in a different format.

"What could you do right now to get physically active?" Ballot Survey

To entice the community to complete the survey, the YMCA of Fort Erie offered a free one-year membership as a prize. Thanks to the YMCA's contribution many community members were interested in completing the brief survey question. The ballots were distributed to community members through various methods including health fairs and community festivals.

Of the 50 Ballot Surveys, 40 were completed by females and 10 were completed by males. The average age of those completing the Ballot Survey was 43. The most popular answers, by more than half were either "walk", "walk more", or "join a walking program".

Secondary School Survey of Health

In an effort to discover the physical activity levels of teens, aged 14-18, the Roundtable modified a questionnaire created by Deanna Morris-Tries as found in the Self-Reported Health Status and Lifestyle Behaviour Survey 2003. The Secondary School Survey of Health questionnaire was distributed at Ridgeway-Crystal Beach High School and 338 students completed it during their homeroom class. Following is a portion of the results we obtained:

Secondary School Survey of Health Results

93% of teens surveyed are participating in Organized Sports
64% of teens surveyed are walking 3 times a week
24% of teens surveyed are cycling 3 times a week
53% of teens surveyed "regularly" engage in exercise 3 times a week for at least 20 minutes per session

7

41% of teens surveyed are currently participating in Physical Education

Although survey results from the Secondary School Survey of Health questionnaire are encouraging, it should be noted that there are two other secondary schools in the Greater Fort Erie area that did not participate in the survey. In addition, province wide statistics show that obesity in youth is an increasing epidemic. Further study would be required to determine if higher participation is due to:

- Higher socio-economic status of parents (access to funds for organized sports)
- Fully equipped school weight room
- Successful school athletic teams

The summary of comments by the students in the qualitative portion of the survey show that most students are participating in physical activity as a necessity such as walking to school, and mandatory physical education class in grade 9. Following are some answers from the Fort Erie Secondary School Survey of Health in response to the question *“If you are currently not enrolled in physical education, why?”*

- “Want to do more academic classes”
- “Only want courses needed for university”
- “I’m not good at sports”
- “Already got the credit”
- “I don’t need it for my future career”
- “Not in physical condition – too many other educational credits needed”
- “I find [gym class] pointless for my future”
- “My education is more important than getting useless gym credits”

The need to advocate with the local school boards to implement physical activity into the school curriculum would greatly assist in creating a more positive attitude in students towards physical activity.

The Fort Erie Community

Fort Erie has a population of 28,143 and covers 160 sq. km. Due to an attractive natural environment; it is a favoured destination for over 10,000 seasonal residents, many of them from the United States. Largely rural, the Town includes five distinct urban settlements: Fort Erie proper, Ridgeway, Crystal Beach, Stevensville and Douglastown. There is a limited transit system in Fort Erie, and no-inter-municipal transportation. In an area where many services are located in larger centers (notably St. Catharines), this creates a significant barrier to service. (Bowering, 2005, pg 6)



Fort Erie is an ideal community to live and lead an active lifestyle. There is a wealth of health, fitness and recreational facilities available, a sample of such is illustrated below:

Health and Fitness

- Black Panther Martial Arts
- Blands Boxing & Athletic Club
- Bridgewater Athletic Club
- Crystal Ridge Skating Club
- Curves for Women
- Fort Erie Baseball Boys & Girls
- Fort Erie Figure Skating Club
- Fort Erie Golf Club
- Fort Erie Junior "B" Hockey
- Fort Minor Lacrosse
- Fort Erie Tennis Club
- Fort Erie Minor Hockey Assoc.
- Greater Fort Erie Soccer Club
- Mens Rec. Fun Hockey League
- Ridgeway Japan Karate Assoc.
- Ridgeway Shores Golf Club
- Rio Vista Golf Course
- Thunder Bay Softball
- Youth Fun Hockey
- YMCA
- Express Fit for Women
- Fulton 24 hr Fitness
- Holiday Inn Fitness
- Ridgeway Fitness

Community Services

- Stevensville Lions Club
- Fort Erie Jaycees
- Fort Erie Lions Club
- Fort Erie Optimist/Opti-mrs
- Ridgeway Community Group
- Ridgeway Lions/Lioness Club
- Zonta Club of Fort Erie

Social Services

- Community Living Fort Erie
- Fort Erie Big Brothers/Sisters
- Fort Erie Multicultural Center
- Fort Erie Native Friendship Ctr
- Head Injury Assoc. of Fort Erie
- Fort Erie Teen Center
- Ontario March of Dimes
- Salvation Army
- Sports by Ability Niagara
- W.A.R.M.
- W.A.V.E.

Recreation

(Public Access)

- 1 Outdoor Pool
- 1 Public Gymnasium
- 10 Playground w/Equip
- 14 Baseball Diamonds
- 15 Tennis Courts
- 2 Arenas
- 2 Community Centers
- 2 Trails covering 70 km
- 2 Wading Pools
- 26 Municipal Parks
- 4 Marinas
- 6 Boat Launches
- 7 Municipal Beaches
- 8 Soccer Fields
- 2 Indoor Swimming Pools

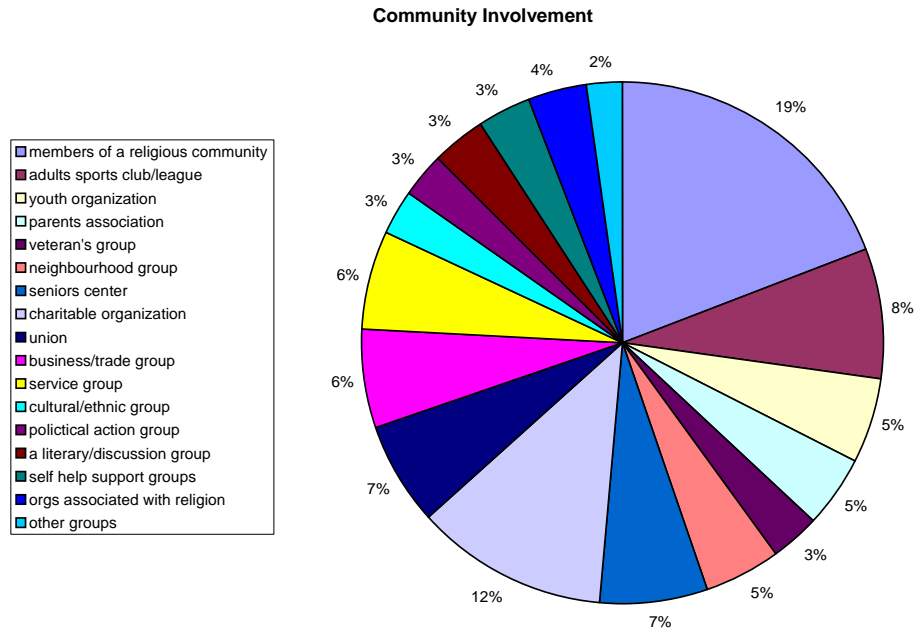
Taking into consideration the targets provided by Active 2010 (women and girls, low income, disabled, minorities, older adult), the above-mentioned research and the findings of the Community Roundtable surveys and initiatives, this Roundtable will focus on the following target groups:

- Women and Girls
- Low Income Families
- Youth (ages 14-18)



Community Strengths

Fort Erie is a place where over half the population (66.4%) feels a sense of belonging in the community and most (71.7%) indicated they get a sense of belonging from the people in their neighbourhood. There are numerous opportunities and outlets for community members to get involved, including religious communities, sports clubs, charitable organizations and service clubs. The chart below illustrates the positive involvement within the community of Fort Erie.



(Kilty, 2004, pg 30)

Community Role Models

Living a healthy and physically active life is a choice many Fort Erie community members have chosen to lead. Rebecca Parton, an educational assistant for special-needs students, is a picture of health. But this wasn't the case five years ago. During her third pregnancy Rebecca experienced a herniated disc that left her suffering from severe back pain. As a result, the pain left her unable to be active. After the birth of her son, the pain remained. Making matters worse, Rebecca was suffering from postpartum depression. Seeking help from her doctor, she was then able to make some positive changes. Her physiotherapist said her back was in no shape for fitness class, but she set out and attempted it anyway. She tried a step class, then a basic aerobic class, but both proved to be too much. Not willing to give up Rebecca created her own class with a few other back pain sufferers. The class proved to be a success; they were forming friendships, having fun and most importantly becoming pain free.



10

Jerod Ogden, a Special Olympics 10 pin bowler, suffered a brain injury due to a severe head-on car collision in 1988 at the age of four. Jerod attends Fort Erie Secondary School and was a member of Team Ontario in the spring of 2004. He was both an Individual Silver Medallist and a Bronze Team Medallist. Jerod is currently in the 2005 league high triple and will be attending the games in Brandon, Manitoba in 2006. If he medals there Jerod will represent Canada and participate in the 2008 games hosted in China.

Earl Curry struggled with obesity for most of his life. At the height of his weight gain, Earl weighed 558 pounds and needed the assistance of a walker and oxygen. This all began to change when Earl attended the Fort Erie Native Friendship Center and sought the help of their Health Outreach worker, Judy Doxtator. Judy created a simple walking exercise program for Earl that he could do within the center's gymnasium, under Judy's supervision. Committed to the exercise program, Earl successfully lost over 150 pounds and no longer needed his walker or the assistance of oxygen. Today, Earl continues to be determined to make healthy lifestyle choices and currently weighs 338 pounds. Earl is driven by his desire to be mobile and to participate in the community. Attending Wadesk Education Centre and working twice a week for Niagara Training & Employment Agency (NTEC); Earl is happy to be free of his excessive weight and out in the community experiencing new things.



Annette Maracle is a Mohawk member of the Six Nations Reservation and a resident of Crystal Beach. At 42 her motto is "You're never too old to achieve another goal". Annette powers through her scoliosis, arthritis and severe seasonal allergies to run marathons. In 2002, after discovering she had rheumatoid arthritis, Annette took the advice from her rheumatologist to keep moving. "The best thing you can do at the beginning stages of arthritis is to keep moving". Those words of wisdom rang through her with every step she took. First power walking, then hiking, biking and on to running half marathons and each time she beat her personal best. What Annette is most proud of is running in The Kona Hawaii Marathon in 2003 that covered 42 kilometers. Running with a team from the American Stroke Association, Annette was inspired to run by her grandmother who was a stroke survivor. Annette wanted to "run for people who couldn't run or had suffered from strokes or even people who wanted her to run for someone they knew." Annette placed 474th of 1489 participants, 260th of the 827 females participating; and of her age division 40-45 she placed 27th of 139. Her focus for 2005 is now directed on running in the Niagara Fallsview International Marathon, 26.2 miles on home turf. This marathon is an important one involving months of active training, as she will use this Marathon to qualify for Boston. Annette's passion and dedication for running and staying healthy should be just one more reminder to others "If you want it bad enough, you can do it"





Vision without action is daydreaming. Action without vision is merely passing time. Vision with action can change the world. - Blackhawk



Wayne Redekop has a demanding job as Mayor of Fort Erie and a lawyer, but makes time for an active lifestyle. In the early 90's Wayne began to run with his daughters when they trained for track and field or cross-country. By 1993, he decided to run year round and has kept it up since. Wayne says, "running gives him a chance to unwind at the end of a hectic day or to think about many, many things as he sets his own pace. It's a stress reliever, an ice breaker when talking with people, and leads to many new acquaintances." In addition to running, Wayne likes to stay active by walking, biking, gardening and, if lucky, a round of golf or a little hockey. Wayne believes that "being physically active is it's own reward. You feel better, look better, have more energy and have a better quality of life."

Amy King, at 72 continues to lead an active life. Growing up in England, Amy was accustomed to getting from point A to point B by either cycling or foot. Essentially, Amy has been active her entire life and hasn't stopped since moving to Canada in 1957 and settling in Ridgeway. A member of the YMCA of Fort Erie now for a number of years, Amy has successfully walked 12,000 miles on their indoor track. She feels physical activity has a terrific impact on your life, "you simply feel better" says Amy. With no end in her sights, Amy looks forward to accumulating more miles and making new friends at the YMCA. These individuals either in childhood, or later in life have made changes to incorporate physical activity into their lives, and they have managed to sustain these changes for the betterment of their health. The stories are not only inspirational but are a great example of ambition, motivation and determination. They show that barriers can be overcome and goals achieved by believing in ones self.

Vision in Action

To maintain awareness of the Active 2010 initiative the Roundtable will launch the completed Action Plan in *The Times*, with a readership of 11,917 households. In addition, the Community Roundtable will make a second presentation to Town Council that is aired on the local cable station, regarding the launch of the Active 2010 initiatives. Through this promotion the community will learn what the strategies are and how to access a copy of the Action Plan that will be the YMCA of Fort Erie, the Town of Fort Erie and Active 2010 websites. The success of this promotion will be shown in the feedback given by the community and participation in the Active 2010 initiatives.

Over the next three years the Fort Erie Community Roundtable plans to put into action eight initiatives to ensure the physical activity needs of the target groups are met.

These initiatives focus on two goals: promotion/awareness and programming/policy. As mentioned under The Fort Erie Community on page 8, Fort Erie has numerous assets regarding physical activity. Our initiatives do not reinvent the wheel; rather focus on

enlightenment and awareness of these strengths.

Promotion and Awareness

Goal: To ensure the community of Fort Erie has access and is aware of how to incorporate physical activity into their daily lives.

Leisure Time Physical Activity Sheet

Objective: To develop a Leisure Time Physical Activity Sheet handout that will provide community members with a list of free leisure time activities in Fort Erie. The reverse side of this handout will include the Fort Erie Physical Activity Contact List.

Action Plan

Promotion: The Leisure Time Activity Sheet will be originally appear in the Leisure Guide of *The Times*, and will subsequently be placed in libraries, schools, YMCA of Fort Erie and the Fort Erie Leisureplex.

Target Groups: The Leisure Time Activity sheet will reach all ages and socio-economic groups through *The Times* readership.

Ownership: The YMCA of Fort Erie will assume responsibility for providing this information to *The Times* on an ongoing basis for the next three years.

Measurable outcomes include: Quantity of handouts picked up at distribution sites, amount of refills needed and community feedback. An updated Activity Sheet will be included in the Spring and Fall Leisure Guides from Fall 2005 through Spring 2008.

Resources Required: The Leisure Time Activity Sheet will be printed on newsprint due to financial considerations. It is hoped that a partnership with local sponsors will be forged to help cover the costs of this initiative.

Walk Niagara Tool Kit

Objective: Support and employ the Region of Niagara Active 2010 "Walk Niagara" tool kit. A resource to be available throughout the Niagara Region that will include information and useful tools on moving from inactivity to daily activity; including a pedometer, Niagara Trail guide, information booklets, a key chain, t-shirt, journal, and recipe booklet on eating habits and fun activities to enjoy with friends and family members. Tool kits would be made available for a nominal fee. This campaign is based on introducing daily activity to inactive community members.





Action Plan

Promotion: The campaign will be designed for a variety of media sources; community TV, local radio stations, websites, daily newspaper, weekly newspaper, partner news inserts, magazines, and community event calendars to reach residents from all over the region.

Television: Local station Cogeco TV

Internet: Active 2010, Heart Niagara, Regional Niagara Public Health Dept, Healthy Living Niagara

Radio: CKTB 610, CJRN 710, CHOW 1470, CHRE 105.7 CKEY 101.1

Weekly Newspapers: Times Review, Port Colborne Leader

Target Groups: Specifically Women and Low Income, all target groups

Ownership: Region of Niagara Active 2010, YMCA of Fort Erie

Measurable outcomes include: A pre and post program survey and an Assessment Worksheet. The program will be evaluated through a survey by an internal, external and a Heart Health Resource Centre staff. The Assessment Worksheet will then be used to help evaluate the program and to make suggestions for enhancement. The program plan will include a sharing of lessons learned through key informants, Heart Health Resource Centre and consortium community partners. Information will be processed and recorded by the program leader in order to aid in the project report.

Prescription for Physical Activity

Objective: Fort Erie community doctors will prescribe physical activity as a prescription. Doctors will prescribe getting gym memberships, or low cost/free activities patients should participate in to become healthier.

Action Plan

Promotion: Community doctors will use their own prescription pads to ensure that patients buy in.

Target Groups: All target groups

Ownership: Community Health and Wellness and YMCA of Fort Erie

Measurable outcomes include: Number of Doctors participating in program, Doctors to track how many prescriptions for physical activity they give and the YMCA of Fort Erie to track how many community members come in and show their prescription for physical activity.

“Try It” Activities

Objective: “Try It” Activities will be an opportunity for those in the Fort Erie community to try a sport or physical activity they are not familiar with or where they are not confident or comfortable with their skills. Professionals at the YMCA of Fort Erie and other community facilities will host “Try It” Activities. It is intended that a co-op student will be recruited to plan and implement the 2005 'Try it' promotion, as well as, creating a plan for 2006-2008 in conjunction with other health clubs & spas.



Action Plan

Promotion: The YMCA of Fort Erie and Community Health and Wellness will post within their facility and on their websites times and locations that the community can participate in “Try It” Activities.

Target Groups: Specifically Youth 14-18, all target groups

Ownership: The YMCA of Fort Erie and Community Health and Wellness will take responsibility for advertising and coordinating all “Try It” Activities.

Measurable outcomes include: Level of attendance taken at each “Try It” Activity, and results received from the follow up Fort Erie Secondary School Survey distributed to students at RCBHS that will be used to gauge the physical activity levels of students.

Dance Dance Revolution (DDR) Arcade Game

Objective: Provide a fun outlet for youth to participate in an arcade game that requires moderate to vigorous physical activity and has vast cardiovascular benefits. Two DDR machines will be available, one at the YMCA of Fort Erie and one at the Leisureplex (owned by D&D Amusement). The YMCA of Fort Erie DDR machine will be located within their facility for daily usage and featured at YMCA Youth Dances. There will be no charge to use the YMCA of Fort Erie DDR, however the DDR machine located at the Leisureplex will have a minimal fee.

**Action Plan**

Promotion: The YMCA of Fort Erie will be responsible for ensuring that community youth members are aware of the location of each DDR arcade game and when they can be used.

Target Groups: Specifically Girls, Youth 14-18

Ownership: The YMCA of Fort Erie, D&D Amusement (Fort Erie Leisureplex)

Measurable outcomes include: The YMCA of Fort Erie will track attendance and D&D Amusement will track money taken in for the game.

Resources Required: Purchasing all DDR equipment

Programming and Policy

Goal: To advocate that all municipal and workplace policy development encourages active living.

Wellness Committee Promotion

Objective: Promote and educate the community on how to develop a Workplace Wellness Committee. Profiles of Fort Erie business with established Workplace Wellness Committees will be profiled in *The Times*. Promotion of Canadian Healthy Workplace Week, Workplace Wellness Conferences within the Niagara Region and the benefits of Workplace Wellness Committees will air as Public Service Announcements on local radio stations. In addition, communication



True enjoyment
comes from activity
of the mind and
exercise of the body;
the two are united. -
Alexander von
Humboldt



with the Fort Erie Chamber of Commerce will be made in an effort to reach all members within the Chamber of Commerce.

Action Plan

Promotion: Throughout the entire community specifically with those with a high volume of female employees.

Target Groups: Women and Low Income, the Fort Erie Chamber of Commerce business listing will be used in identifying businesses

Ownership: Region of Niagara Public Health Dept. (Workplace Wellness), YMCA of Fort Erie

Measurable outcomes include: One year from now 5% more companies will have Wellness Committees

Policy Recommendation for Town of Fort Erie

Objective: To encourage and challenge the Town of Fort Erie to make favourable changes to the trails and open spaces in the Fort Erie community.

Action Plan

Promotion: This information to be given to consultants hired to do the focus groups for the Town of Fort Erie's Parks & Open Spaces master plan.

Target Groups: All target groups

Ownership: Community Health and Wellness, Community Stakeholders

Measurable outcomes include: the Town of Fort Erie incorporating any of the following recommendations as policy:

- Kilometre markings on trails
- Provide water fountains and bathrooms on trails
- Post times and seasons for bathroom usage
- Plow part of trail for winter usage (walking, running, cross country skiing, snow shoeing)
- Create an interactive leisure service website
- Provide an area for a skateboard park
- Walking trails linking subdivisions
- Lighting for trail (safety issue)
- Playgrounds redesigned to fit future age demand
- Redesign water spaces
- Bike racks provided at trail
- More basketball courts
- Tree trimming
- Consistent trail surfaces
- Solution to flooding on sections of trail

The human body was designed to walk, run or stop; it wasn't built for coasting. - Cullen Hightower



Objective: To encourage and challenge the Town of Fort Erie to make favourable changes to neighbourhood planning policies.

Action Plan

Promotion: This information to be given to consultants hired to do the focus groups for the Town of Fort Erie's Parks & Open Spaces master plan.

Target Groups: All target groups

Ownership: Community Health and Wellness, Community Stakeholders

Measurable outcomes include: the Town of Fort Erie incorporating any of the following recommendations as policy:

- Provide bicycle lanes on roads
- Street lighting (safety issue)
- Walking trails
- Neighbourhood park development

Next Steps and Implementation

In the coming weeks and months following the submittal of this report the YMCA of Fort Erie has taken on the responsibility of launching the Active 2010 Action Plan to the community of Fort Erie.

The initial launch of the Action Plan will be made to the YMCA of Fort Erie Board of Directors and subsequently to the Town of Fort Erie Council. Both the YMCA of Fort Erie and Community Health and Wellness will make these presentations. Finally, the launch will be made public in *The Times*.

The roundtable has committed to continue to meet bi-annually until 2008 to monitor and measure the Fort Erie Active 2010 initiatives. These meetings will also give an opportunity to discuss the possibility of implementing further affordable and achievable activities. The Fort Erie YMCA of Fort Erie and Community Health & Wellness have agreed to play the lead roles in all the initiatives to ensure the success of these actions. They will continue to encourage other community groups and businesses to participate.

References

- Barber, Katherine (1998), The Canadian Oxford Dictionary
- Bowering, Lynn MCIP CHE, (2005), A Proposal To Establish A Community Health Centre in Greater Fort Erie, pg 6
- Craig, Cora Lynn, M.Sc., Cameron, Christine, B.A., (2002) Increasing Physical Activity – Assessing Trends from 1998-2003, pg 1
- Frisby, Wendy and Fenton, Jennifer (1998) Enhancing Recreation Opportunities For Those Living in Poverty, pg 14-17
- Heart and Stroke Foundation's Annual Report Card on Canadians' Health Toronto, FEB 10, 2004: retrieved June 21, 2005:
<http://ww1.heartandstroke.ca/Page.asp?PageID=33&ArticleID=2913&Src=news&From=SubCategory>
- Katzmarzyk, Peter T., Norman Gledhill and Roy Shephard, 2000, The Economic Burden of Physical Inactivity in Canada, Canadian Medical Assoc. Journal, pg 1
- Kilty, Dr. Heather Lee, (2004), The Fort Erie Social Capital Report, Brock University, Community Health And Wellness, Fort Erie, pg 30
- Mayo Clinic Staff, (2003), Exercise eases symptoms of anxiety and depression, retrieved June 20, 2005:
<http://www.mayoclinic.com/invoke.cfm?id=MH00043>
- Morris-Tries, Deanna Thesis: Self-Reported Health Status and Lifestyle Behaviour Survey 2003, pg 9
- Statistics Canada, (2003) The People, The Household and Family Life, retrieved August 22, 2005:
http://142.206.72.67/02/02d/02d_002b_e.htm
- World Health Organization (1998), Health Promotion Glossary
- YMCA 2004 Priority: SAM Member Survey – Fort Erie, pg 9



Glossary

Campaign – an organized course of action for a particular purpose, especially to arouse public interest

Community - A specific group of people, often living in a defined geographical area, who share a common culture, values and norms, are arranged in a social structure according to relationships that the community has developed over a period of time. Members of a community gain their personal and social identity by sharing common beliefs, values and norms that have been developed by the community in the past and may be modified in the future.

Health - is defined in the WHO constitution of 1948 as: A state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity. Within the context of health promotion, health has been considered less as an abstract state and more as a means to an end that can be expressed in functional terms as a resource that permits people to lead an individually, socially and economically productive life.

Organized Activity - A organized activity is one that complements or supports the total experience of the participant and related to the mission of the organization

Physical Activity – Accumulate 30 minutes of moderately vigorous physical activity every day to stay health or improve your health. Just add it up in periods of at least 10 minutes each, throughout the day

Program – a course of activities or actions undertaken to achieve a certain result

Resource – the means available to achieve an end, fulfill a function, etc.; a book, videotape, or other material that supplies information on a particular topic

Service – the act of helping or doing work for another or for a community, etc., assistance or benefit given to someone, the provision or system of supplying a public need, eg. transport

Social capital - represents the degree of social cohesion that exists in communities. It refers to the processes between people that establish networks, norms, and social trust, and facilitate co-ordination and co-operation for mutual benefit.

Special Event – An event or happening organized by any person that will generate or invite considerable public participation and/or spectators for a particular and limited purpose and time. Special events are not limited to those events conducted on the public streets but may occur entirely on private property.



**Fort Erie
Information Database
Organized Activities**

Definition of Physical Activity: Accumulate 30 minutes of moderately vigorous physical activity every day to stay healthy or improve your health. Just add it up in periods of at least 10 minutes each day, throughout the day.

When filling in the survey please use the following definitions:

* **City Town** can be defined as FE-Fort Erie, CB-Crystal Beach, ST-Stevensville, RW-Ridgeway, BC-Black Creek

* **Target Group** can be defined as: I-Infant/Preschooler, C-JK-Grade 6, Y-Grade7-12, A-Adult, OA-Older Adults, LS-Low Socio-Economic Groups, EM-Ethnic Minorities, WG-Women and Girls, AB-Aboriginals, DS-Disabled

* **Initiative Type** can be defined as O-Organized Activity, P-Program, S-Service, R-Resource, SE-Special Event, C-Campaign **(Please be sure to complete a line for each Initiative Type you offer!)**

* **Season** can be defined as Sp-Spring, S-Summer, F-Fall, W-Winter, A-All Seasons

Please fax or email your completed forms to (905) 871-9228 or Wendy Middleton at wendy_middleton@ymca.ca or Sylvia Roach at sylvia_roach@ymca.ca

Name of Organization	Initiative Type (Enter One)	Target Group (Enter All That Apply)	Sex M/F/Both (Enter One)	Fee Y/N (Enter One)	Membership Only Y/N (Enter One)	Fee Subsidy Available Y/N (Enter One)	Participation Numbers	City/Town (Enter All That Apply)	Season (Enter all That Apply)	Description

* Please feel free to add additional information regarding other groups you are familiar with or simply provide their contact information

* Do you already supply your organization information elsewhere? ____ If yes, where? _____

* If you need additional space to record Physical Activity Initiatives please see Page 2

Fort Erie Physical Activity Master Database

Definition of Physical Activity: Accumulate 30 minutes of moderately vigorous physical activity every day to stay healthy or improve your health. Just add it up in periods of at least 10 minutes each day, throughout the day.

When filling in the survey please use the following definitions:

* **City Town** can be defined as FE-Fort Erie, CB-Crystal Beach, ST-Stevensville, RW-Ridgeway, BC-Black Creek

* **Target Group** can be defined as: I-Infant/Preschooler, C-JK-Grade 6, Y-Grade7-12, A-Adult, OA-Older Adults, LS-Low Socio-Economic Groups, EM-Ethnic Minorities, WG-Women and Girls, AB-Aboriginals, DS-Disabled

* **Initiative Type** can be defined as O-Organized Activity, P-Program, S-Service, R-Resource, SE-Special Event, C-Campaign

* **Season** can be defined as Sp-Spring, S-Summer, F-Fall, W-Winter, ALL

Name of Organization	Initiative Type (Enter One)	Target Group (Enter All That Apply)	Sex M/F/Both (Enter One)	Fee Y/N (Enter One)	Membership Only Y/N (Enter One)	Fee Subsidy Available Y/N (Enter One)	Participation Numbers	City/Town (Enter All That Apply)	Season (Enter all that Apply)	Description
ARID - SMALL SCALE GYM FACILITY	P	A	M	Y	N	Y	6	FORT ERIE	ALL	MEN'S GROUP HOME
BLACK PANTHER MARTIAL ARTS	OA	C,Y,A	BOTH	Y	Y	N	50	FORT ERIE	ALL	martial arts program
BLANDS BOXING CLUB	O	C,Y,A	BOTH	Y	Y	Y	40	FORT ERIE	ALL	
BRIDGEWATER ATHLETIC CLUB	OA	ALL	BOTH	Y	Y	N	400	FORT ERIE	ALL	yoga, pilates, tai chi, belly dancing, awesome abs, body bar, sculpting, step, lunch hr. program, personal trainers, nutrition wellness
COMMUNITY LIVING FORT ERIE	O/P	DS	Both	Y	N	Y	25	FE,RW,CB.ST,BC	SP/S/F	Walking Program
COMMUNITY LIVING FORT ERIE	O/P	DS	Both	Y	N	Y	20	FE,RW,CB.ST,BC	SP/S/F/W	Drama, Dancing
COMMUNITY LIVING FORT ERIE	O/P	DS	Both	Y	N	Y	3	FE,RW,CB.ST,BC	SP/S/F/W	Swimming Program
COMMUNITY LIVING FORT ERIE	O/P	DS	Both	Y	N	Y	8	FE,RW,CB.ST,BC	SP/S/F/W	Aqua Aerobics
COMMUNITY LIVING FORT ERIE	O/P	DS	Both	Y	N	Y	8	FE,RW,CB.ST,BC	SP/S/F/W	Cardio Exercise

CURVES FOR WOMEN	O	Y, A	F	Y	Y	N	220	FORT ERIE	ALL	
FIT HAPPENS	O	Y, A, OA, WG	F	Y	Y	N			F, W, SP, S	FITNESS CENTRE
FOR ERIE JAYCEES SKATE FOR COPE	SE	ALL	Both	Food Donation	N	Included	0 - 1000	All	Winter	FE Jaycee Skate for COPE
FORT ERIE GOLF CLUB	O	C,Y,OA,WG,M,A	Both	Y	N	N	100	FE,RW,CB.ST,BC	SP/S/F	Golf Programs/Leagues
FORT ERIE JAYCEES @ RIO VISTA GOLF	Program	C, Y	Both	Y	N	Included	75 - 100	All	SP and S and F	Rio Vista Junior Golf Program 13 Junior Lessons, Junior Golf Membership at Rio Vista
FORT ERIE JAYCEES EASTER EGG HUNT	SE	I, C	Both	Free	N	Included	0 - 3000	All	SP	FE Jaycee Annual Easter Egg Hunt
FORT ERIE JUNIOR B METEORS	O	Y,A	M	N	N	N	25	ALL	F/W	
FORT ERIE MINOR LACROSSE	O			Y	Y	N	120	FORT ERIE	SP, S	SPORT
FORT ERIE MULTICULTURAL CENTRE	P	Y/EM	Both	Y	N	Y	35	FE	All	Duke of Edinburgh Awards Program
FORT ERIE MULTICULTURAL CENTRE	P	A	F	N	N	N	20	FE	All	Aerobics
FORT ERIE MULTICULTURAL CENTRE	P	A/OA	M	N	N	N	15	FE	SP/S	Pick Up Soccer
FORT ERIE MULTICULTURAL CENTRE	P	Y/EM	Both	N	N	N	39	FE	SP/F/W	Sports
FORT ERIE MULTICULTURAL CENTRE	SE	C/EM	Both	N	N	N	16	FE	S	Sports Camp - Soccer
FORT ERIE PUBLIC LIBRARY	R	Y, A, OA	Both	N	Y			FE,RW,CB.ST,BC	Sp,S,F,W	40 Pedometers are available for a three week loan by library patrons
FORT ERIE PUBLIC LIBRARY	P	C,Y	Both	N	Y		25	FE only	Sp,F,W	Kids Quest program encourages at least a half hour of outdoor activities including skipping, games, walks, etc.
GREATER FORT ERIE MINOR BALL ASSOCIATION	O	C-JK, Y, A	Both	Yes	Yes	Yes	325	FE	S	Learn To Play Ball-Level 1, 2, 3
GREATER FORT ERIE MINOR BALL ASSOCIATION	O	I/C/Y	Both	Y	N	Y	300-350	FE,RW,CB.ST,BC	SP/S	Organized Baseball League

GREATER FORT ERIE MINOR HOCKEY ASSOCIATION	O	C, Y, A (Adult - volunteers as coaches & trainers)	Both	Y	Y	N	650	Fort Erie	F, W	To provide a positive minor hockey experience for all members by providing an organized hockey program for all applicable ages of players of either gender within the community of Fort Erie.
GREATER FORT ERIE YOUTH SOCCER CLUB	O	C,Y,A (3-21)	Both	Yes	Yes	Yes		FE, CB,RW, BC, ST	Summer	
HOLIDAY INN FITNESS	O	Y, A	BOTH	Y	Y	N		FORT ERIE	ALL	TREADMILLS, BIKES, WEIGHTS, POOL, SAUNA
ICANTER - PONY SCHOOL	O	DS, C, Y	BOTH	Y	N	N	10			Pony School is a weekly program where kids can learn the various aspects of pony ownership and learn riding skills
ICANTER - SCHOOL TRIPS	O	DS, C, Y	BOTH	Y	N	N	214			With everything from farm animals lessons, gardening and nature to all kinds of horse related activities
ICANTER - SENIORS PROGRAM	O	OA	BOTH	Y	N	N	57			To promote healthy active living - Horsemanship • Nature Walks Horticultural Therapy • Lawn Games
ICANTER - SUMMER CAMP	O	DS, C, Y	BOTH	Y	N	N	187			Baby Animals • Horsemanship • Riding Nature • Gardening • Games and Crafts
ICANTER - THERAPEUTIC RIDERS	O	DS,C, Y	BOTH	Y	N	N	24			Therapeutic riding is the result of using horses and horse related activities for the purpose of positively contributing to the physical, cognitive, emotional and often social well-being of individuals with disabilities and/or special needs.

MENS PAY AS YOU PLAY HOCKEY - LEISUREPLEX	O	A	M	Y	N	N	15	FORT ERIE	F, W, SP	LEISURE LEAGUE
OVER 30 MENS FUN HOCKEY	OA	A,OA	M	Y	Y	N	110	FORT ERIE	F,W	at leisureplex, and ridgeway, 2 games a week
PEACOCK SCHOOL OF DANCE	OA	C, Y, A, OA, WG	BOTH	Y	Y	N	250	FORT ERIE	ALL	tap, jazz, ballet, hip hop, kinder to adult classes
PILATES NIAGARA - TANYA ROUBLE - GROUP FITNESS	O	OA	BOTH	Y	Y	N	50	FORT ERIE	F, W, SP, S	FOR PEOPLE OVER 50, \$4 A CLASS, HELD AT CRYSTAL RIDGE COMMUNITY CTR
PILATES NIAGARA - TANYA ROUBLE - PILATES	O	A, OA	BOTH	Y	Y	N	50	FORT ERIE	F, W, SP, S	CLASS FOR ALL AGES (18+), \$10 PER CLASS, HELD AT CRYSTAL RIDGE LIBRARY
RAQUETS PLUS - WALLYBALL LEAGUE	O	A	Both	Y	N	N	100	FE	F/W	Volleyball in court
REGIONAL NIAGARA PUBLIC HEALTH DEPARTMENT	C	A, OA, LS, EM, WG, DS	Both	N	N	NA	?	Niagara Region	May	Bike Month/ Bike to Work Week
REGIONAL NIAGARA PUBLIC HEALTH DEPARTMENT	C	A, OA, LS, EM, WG, DS	Both	N	N	NA	>600	Niagara Region	Month of April	Don't Sit Get Fit Campaign
REGIONAL NIAGARA PUBLIC HEALTH DEPARTMENT	C	Y, A, OA, LS, EM, WG, DS	Both	N	N	NA	?	Niagara Region	All	Library Pedometer Lending Program
RIDGEWAY SHORES GOLF CLUB	OA	A	BOTH	Y	Y	N	150	FORT ERIE	SP,S, F	
RIO VISTA GOLF COURSE	O	A, OA	BOTH	Y	Y	N	250	FORT ERIE	SP,S, F	
SPORT BY ABILITY	OA, R	DS	BOTH	Y	Y	N	55	Niagara Region	ALL	Gym program, sledge hockey, athletic program, provincial, national, international meets, paraolympics, own transportation required
STEVENSVILLE LADIES SLO PITCH LEAGUE	O	W	F	Y	N	N	120-150	ST	SP/S	Two games per week/evenings
STEVENSVILLE OVER 35 COED SLO PITCH LEAGUE	O	A	Both	Y	N	Y	100-150	ST	SP/S	Two games per week/evenings
TRAINING WHEELS - REBECCA PARTON	O	Y, A, OA, LS, EM, WG, DS	F	Y	N	Y		FORT ERIE	F, W, SP, S	PERSONAL TRAINING/NUTRITION COUNSELLING
WARM - GOLF TOURNAMENT	SE	ALL	BOTH	Y	N	N	65	FORT ERIE	S	FUNDRAISING EVENT
WARM / ARID - WALK AND ROLL A THON	SE	ALL	BOTH	N	N	N	75	FORT ERIE	S	RAISE MONEY THRU PLEDGES

WOMEN IN MOTION - REBECCA PARTON	O	Y, A, OA, LS, EM, WG, DS	F	Y	N	Y	20	FORT ERIE	F, W, SP, S	INCREASE FLEXIBILITY, STRENGTH AND KNOWLEDGE OF CURRENT WOMEN'S HEALTH ISSUES. CLASSES HELD AT FESS.
YMCA - ADULT LESSONS	O	Y	BOTH	N	Y	Y	25	FORT ERIE	F,W,SP	LEARN TO SWIM TO ADVANCED SWIMMING
YMCA - AQUALEADERS RED CROSS	O	Y	BOTH	Y	N	Y	12	FORT ERIE	F	PREREQUISITE TO WATER SAFETY INSTRUCTORS
YMCA - BOBBER	O	I	BOTH	Y	N	Y	90	FORT ERIE	F,W,SP	ORIENTATION TO SWIMMING LESSONS
YMCA - BRONZE CROSS	O	Y	BOTH	Y	N	Y	15	FORT ERIE	W	PREREQUISITE TO NLS
YMCA - BRONZE MEDALLION LIFESAVING	O	Y	BOTH	Y	N	Y	15	FORT ERIE	F	SELF RESCUE, RESCUE OF OTHERS
YMCA - BRONZE STAR LIFESAVING	O	Y	BOTH	Y	N	Y	12	FORT ERIE	SP	INTRODUCTION TO BASIC LIFESAVING
YMCA - CONDITIONING FOR TEENS	O	Y	BOTH	N	Y	Y	45	FORT ERIE	F,W,SP	PARENTAL SUPERVISION REQUIRED
YMCA - DAY CAMP	P	C	BOTH	Y	N	Y	500	FORT ERIE	S, W, SP	OPPORTUNITY FOR NEW CHALLENGES,FRIENDSHIPS, MEMORIES
YMCA - DIPPER	O	I	BOTH	Y	N	Y	90	FORT ERIE	F,W,SP	DEEP WATER BOBS,SURFACE SUPPORT
YMCA - DIVER	O	I	BOTH	Y	N	Y	90	FORT ERIE	F,W,SP	DEEP WATER,FLOATS,GLIDES,DIVES
YMCA - DRAMA	O	C	BOTH	Y	N	Y	25	FORT ERIE	F,W,SP	DRAMA SKILLS THROUGH GAMES AND ACTIVITIES
YMCA - FLOATER	O	I	BOTH	Y	N	Y	90	FORT ERIE	F,W,SP	FRONT AND BACK FLOATS,SUMBERSION
YMCA - GYMNASTICS I	O	C	BOTH	Y	N	Y	30	FORT ERIE	F,W,SP	FUNDAMENTALS OF GYMNASTICS
YMCA - GYMNASTICS II	O	C	BOTH	Y	N	Y	30	FORT ERIE	F,W,SP	FURTHER DEVELOP SKILLS
YMCA - KARATE	O	Y	BOTH	Y	N	Y	25	FORT ERIE	F,W,SP	NO CONTACT FORM OF KARATE

YMCA - KAYAKING	O	C	BOTH	N	Y	Y	15	FORT ERIE	W	BASIC SKILLS OF KAYAKING
YMCA - KIDFIT 1-2-3	O	Y	BOTH	Y	N	Y	26	FORT ERIE	F,W,SP	ENDURANCE, TECHNIQUE, TURNS
YMCA - KIDS BADMINTON	O	C	BOTH	Y	N	Y	55	FORT ERIE	F,W,SP	PRACTICE AND PLAY
YMCA - KINDERGYM I	O	I	BOTH	Y	N	Y	30	FORT ERIE	F,W,SP	FOCUSES ON BASIC GYMNASTIC MOVES
YMCA - KINDERVENTURE	O	I	BOTH	Y	N	Y	25	FORT ERIE	F,W,SP	SWIMMING,GAMING,GAMES,CRAFTS
YMCA - L'IL DIPPER	O	I	BOTH	Y	N	Y	225	FORT ERIE	F,W,SP	AQUATICS 6 mos. - 3 YRS
YMCA - LIL'TOTS GYM/SWIM	O	I	BOTH	Y	N	Y	150	FORT ERIE	F,W,SP	DROP IN PROGRAM
YMCA - MUSIC & MOVEMENT FOR KIDS	O	I	BOTH	Y	N	Y	30	FORT ERIE	F,W,SP	MUSIC AND DANCE PROGRAM
YMCA - MUSIC & MOVEMENT FOR KIDS	O	C	BOTH	Y	N	Y	30	FORT ERIE	F,W,SP	INTRODUCTION TO MUSIC AND DANCE
YMCA - NLS	O	Y	BOTH	Y	N	Y	30	FORT ERIE	W, SP	NATIONALLY RECOGNIZED LIFEGUARD PROGRAM
YMCA - PRE-SOCCER	O	I	BOTH	Y	N	Y	30	FORT ERIE	SP, F	PARENT-TOT PROGRAM
YMCA - SCAREDY CATS	O	Y	BOTH	N	Y	Y	15	FORT ERIE	F,W,SP	OPPORTUNITY FOR ADULTS TO GET COMFORTABLE WITH WATER
YMCA - SENIOR'S PROGRAM - ADULT LANE SWIM	P	OA	BOTH	Y	N	Y	150	FORT ERIE	W,SP,S,F	INDEPENDENT LANE SWIM
YMCA - SENIOR'S PROGRAM - ADULT SWIM LESSONS	O	OA	BOTH	Y	N	Y	25	FORT ERIE	W,SP,S,F	IMPROVE STOKES, BUILD ENDURANCE
YMCA - SENIOR'S PROGRAM - AQUA COMBO	O	OA	BOTH	Y	N	Y	15	FORT ERIE	W,SP,S,F	AQUAFIT AND AQUAJOG
YMCA - SENIOR'S PROGRAM - AQUA YOGA	O	OA	BOTH	Y	N	Y	20	FORT ERIE	W,SP,S,F	THERAPEUTIC AND RESTORATIVE HEALING
YMCA - SENIOR'S PROGRAM - AQUAFIT	O	OA	BOTH	Y	N	Y	45	FORT ERIE	W,SP,S,F	CARDIO WATER AEROBICS
YMCA - SENIOR'S PROGRAM - AQUAJOG	O	OA	BOTH	Y	N	Y	45	FORT ERIE	W,SP,S,F	DEEP WATER FITNESS
YMCA - SENIOR'S PROGRAM - FITNESS CLASSES	O	OA	BOTH	Y	N	Y	n/a	FORT ERIE	W,SP,S,F	CARDIO,MUSCULAR STRENGTH,ENDURANCE, FLEXIBILITY
YMCA - SENIOR'S PROGRAM - GROOVIN WITH THE OLDIES	O	OA	BOTH	Y	N	Y	20	FORT ERIE	W,SP,S,F	LOW IMPACT WORK OUT TO MUSIC

YMCA - SENIOR'S PROGRAM - PILATES	O	OA	BOTH	Y	N	Y	55	FORT ERIE	W,SP,S,F	TONES AND DEVELOPS MUSCLES
YMCA - SENIOR'S PROGRAM - TAI-CHI	O	OA	BOTH	Y	N	Y	10	FORT ERIE	W,SP,S,F	SLOW MOVING EXERCISE
YMCA - SENIOR'S PROGRAM - WALK/RUN FIT	P	OA	BOTH	Y	N	Y	n/a	FORT ERIE	W,SP,S,F	INDEPENDENT INDOOR WALKING PROGRAM
YMCA - SENIOR'S PROGRAM - YOGA	O	OA	BOTH	Y	N	Y	25	FORT ERIE	W,SP,S,F	INCREASE FLEXIBILITY, RELAXATION
YMCA - SNORKELING	O	C	BOTH	N	Y	Y	15	FORT ERIE	W	BASIC SKILLS OF SNORKELING
YMCA - SPORTS PLUS	O	C	BOTH	Y	N	Y	75	FORT ERIE	F,W,SP	INTRODUCTION TO VARIOUS SPORTS
YMCA - SUPER SATURDAYS	O	I	BOTH	N	Y	Y	150	FORT ERIE	F,W,SP	DROP IN PLAY AND SOCIAL TIME
YMCA - SUPER SATURDAYS	O	C	BOTH	N	Y	Y	15	FORT ERIE	F,W,SP	DROP IN PLAY AND SOCIAL TIME
YMCA - SURFER	O	I	BOTH	Y	N	Y	90	FORT ERIE	F,W,SP	SURFACE SUPPORT,DEEP DIVES
YMCA - TEEN RACQUET SPORTS	O	Y	BOTH	N	Y	Y	75	FORT ERIE	F,W,SP	RESERVE OR WALK IN BASIS
YMCA - TEEN TOWN FRIDAYS	O	Y	BOTH	Y	N	Y	175	FORT ERIE	F,W,SP	GYM,SWIM,PING PONG,FOOSBALL
YMCA - TEEN/STUDENT AQUATICS	O	Y	BOTH	Y	N	Y	30	FORT ERIE	F,W,SP	LEARN TO SWIM TO ADVANCED SWIMMING
YMCA - TEEN/STUDENT AQUATICS	O	Y	BOTH	N	Y	Y	same	FORT ERIE	F,W,SP	LANE SWIM
YMCA - YOUTH AQUATICS - DOLPHIN	O	Y	BOTH	Y	N	Y	39	FORT ERIE	F,W,SP	FRONT/BACK SWIM, TREADING WATER
YMCA - YOUTH AQUATICS - MASTERS	O	Y	BOTH	Y	N	Y	52	FORT ERIE	F,W,SP	STROKE TECHNIQUE, LSS STAR PATROL
YMCA - YOUTH AQUATICS - OTTER	O	Y	BOTH	Y	N	Y	50	FORT ERIE	F,W,SP	WATER ORIENTATION, FRONT AND BACK
YMCA - YOUTH AQUATICS - SEAL	O	Y	BOTH	Y	N	Y	54	FORT ERIE	F,W,SP	DEEP WATER ORIENTATION
YMCA - YOUTH AQUATICS - STAR 1	O	Y	BOTH	Y	N	Y	51	FORT ERIE	F,W,SP	FRONT/BACK CRAWL, TREADING WATER

YMCA - YOUTH AQUATICS - STAR 2	O	Y	BOTH	Y	N	Y	50	FORT ERIE	F,W,SP	SHALLOW DIVING, SCULLING
YMCA - YOUTH AQUATICS - STAR 3	O	Y	BOTH	Y	N	Y	50	FORT ERIE	F,W,SP	BACKCRAWL TURN, BREAST STROKE
YMCA - YOUTH AQUATICS - STAR 4	O	Y	BOTH	Y	N	Y	63	FORT ERIE	F,W,SP	EGGBEATER, SIDE/BREAST STROKE
YMCA - YOUTH AQUATICS - STAR 5	O	Y	BOTH	Y	N	Y	55	FORT ERIE	F,W,SP	SYNCHRO SKILLS, LIFESAVING KICK, LSS ROOKIE PATROL
YMCA - YOUTH AQUATICS - STAR 6	O	Y	BOTH	Y	N	Y	52	FORT ERIE	F,W,SP	SYNCHRO AND WATER POLO, LSS RANGER PATROL
YMCA - YOUTH AQUATICS - SWIMMER	O	Y	BOTH	Y	N	Y	56	FORT ERIE	F,W,SP	SHALLOW WATER SKILLS
YMCA - YOUTH DANCES	O	C, Y	BOTH	Y	N	Y	325 at each dance	FORT ERIE	F,W,SP	SUPERVISED YOUTH DANCES
YMCA - YOUTH FLOOR HOCKEY	O	C	BOTH	Y	N	Y	75	FORT ERIE	F,W,SP	SKILLS AND GAMES
YMCA - YOUTH INDOOR SOCCER LEAGUE	O	C	BOTH	Y	N	Y	135	FORT ERIE	W, SP	SKILLS AND GAMES
YMCA - YOUTH KARATE	O	C	BOTH	Y	N	Y	25	FORT ERIE	F,W,SP	NO CONTACT FORM OF KARATE
YMCA - YOUTH TOWN	O	C	BOTH	Y	N	Y	175	FORT ERIE	F,W,SP	SPORTS, GAMES AND SWIM
YMCA/BELL - RAPTOR-BALL YOUTH BASKETBALL LEAGUE	O	C	BOTH	Y	N	Y	175	FORT ERIE	F, W	SKILLS AND GAMES
YMCA/BELL - RAPTOR-BALL YOUTH BASKETBALL LEAGUE	O	Y	BOTH	Y	N	Y	175	FORT ERIE	F, W	SKILLS AND GAMES

The logo for ACTIVE2010, featuring the word "ACTIVE" in red and "2010" in black, all enclosed within a dark grey, swoosh-like oval shape.

Active 2010 Survey Question

Age _____ Gender: Male Female

What could you do right now to become physically active?

By completing the information below you will be entered in one of five draws between May and August to WIN a FREE One Year YMCA Family Membership. Those who are currently YMCA members or have been a member in the last 12 months are not eligible. Must be a resident of the Fort Erie Community.

Name _____

Phone Number _____



Definition of Physical Activity: Accumulate 30 minutes of moderately vigorous physical activity every day to stay healthy or improve your health. Just add it up in periods of at least 10 minutes each day, throughout the day on a regular basis!



Active 2010 Survey of Health

ACTIVE2010



HEALTH CONDITIONS/DISEASES/CHALLENGES

1. Of the following list of conditions/diseases, please check which condition/diseases you have presently?
Diabetes Cancer Multiple Sclerosis Asthma Other(specify)_____
2. Of the following list of health problems/challenges, please check which ones you are dealing with presently?
Vision Problems Dental Problems Emotional Problems Speech Problems
Mental Health Problems Hearing Problems Depression Stress Problems Drug Problems
Alcohol Problems Sleep Problems Social Interaction Problems Behaviour Problems
 Other (specify)_____

DEMOGRAPHIC QUESTIONS

1. What is your age?_____
2. What is your height?_____ft./ins.or_____cms.
3. What is your weight?_____kgs.or_____lbs.
4. What is your gender?Male Female
5. What grade are you currently in?_____
6. Would you consider yourself to be one of the following (check which one):
White/Caucasian Black Asian Native/Aboriginal Other(specify)_____
7. Would you consider yourself to be any of the following (check which one):
Christian Jewish Muslim Hindu Buddhist Other(specify)_____
8. Are you currently employed? Yes No
Part time(weeknights and weekends) Part time (weekends only)
9. On average how many hours a week do you work?_____

PHYSICAL ACTIVITIES

10. Do you walk? Once a week 2 times a week 3 times a week
11. Do you cycle? Once a week 2 times a week 3 times a week
12. What other types of regular exercise do you engage in (check all that you do)
Organized Sports(soccer,hockey,baseball,etc.) Yoga Aerobics Weights
Other(specify)_____
13. How often do you engage in weekly exercise 3 times a week for at least 20 minutes per session?
Regularly Occasionally Never
14. Do you belong to an exercise facility/program? Yes No
15. If "yes" what facility do you use?
The YMCA Bridgewater Curves Holiday Inn
16. If "no" where do you exercise?
In-home gym Other (please specify)_____
17. Are you currently enrolled in Physical Education class? Yes No
18. If "yes" was this mandatory or an elective? Mandatory Elective
19. Will you be enrolling in Physical Education class in September? Yes No
20. If "no" what are your reasons behind this decision? (Please specify)

21. How would you rate your physical activity level?
Excellent Very Good Good Average Fair Poor
22. Would you consider your present level of exercise to be problematic to your health?
No, not at all Moderately a problem A problem A big problem
23. What could you do right now to get physically active? (please specify)

