

ACTIVE LIVING STRATEGY

PARTICIPANT INFORMATION PACKAGE



ACTIVE LIVING®
NORTHWEST TERRITORIES


Northwest
Territories March 2003

**WELCOME TO THE ACTIVE
LIVING STRATEGY
PARTICIPANT INFORMATION PACKAGE**

Thank you for assisting us in the creation of a Territorial Active Living Strategy. This strategy is being developed for all NWT residents, so it is important that as many people as possible share their ideas with us.

Please take a moment to review this package, answer the questions on the last page and return the question sheet to our office.

Your input will help make the Northwest Territories a healthy and active place to live!



NWT ACTIVE LIVING STRATEGY VISION

A Northwest Territories where health, well-being and physical activity are viewed as an investment in the quality of life for each individual, and builds independent, healthy and vibrant northern communities.



NWT Active Living Strategy Vision

DEFINITION OF ACTIVE LIVING

Active Living is a way of life where people choose to be physically active every day in their community; whether they are at school, at work, at home, or at play.

Active Living is based on the belief that regular physical activity has many life long benefits. It means something different for everyone. Active Living is playing with the kids, walking the dog, dancing with friends, walking at noon with co-workers, gardening, berry picking, fishing, splitting wood, cycling to work or school, or enjoying active times alone or with friends and family.

Active Living also involves organized activities such as competing in your favourite sport or participating in an activity class of your choice.



GOALS OF THE NWT ACTIVE LIVING STRATEGY

The goals were developed from initial feedback. Your thoughts will help to determine the goals of the final Northwest Territories Active Living Strategy.

- To ensure that NWT residents have opportunities to engage in life-long physical activity that promotes and supports individual health and well-being.
- To provide opportunities for NWT residents to understand the significant relationship between healthy eating and a healthy, active lifestyle.
- To provide opportunities and supportive environments within the NWT schools to create positive values and attitudes towards healthy, active lifestyles.
- To increase the number of NWT residents who are regularly active so that the health related benefits of active living result in reduced health care costs.
- To reduce the avoidable burdens to chronic diseases and premature death associated with a lack of physical activity.
- To promote the contributions that Active Living provides in helping to combat serious social issues such as substance abuse, crime, alienation, violence and delinquency.

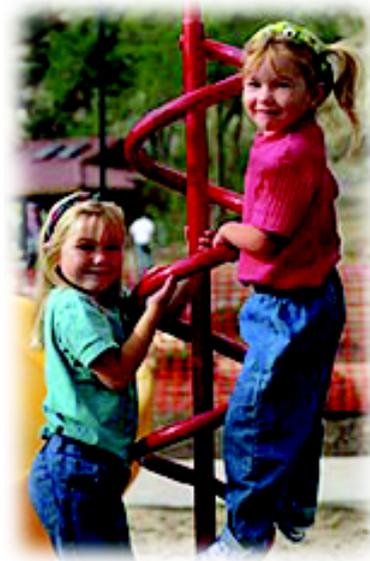
GOALS OF THE NWT ACTIVE LIVING STRATEGY CONTINUED

- To help aging NWT residents and senior populations to improve their quality of life and gain independence in their daily lives.
- To educate workplace environments to provide opportunities and to encourage employees to be active. To help workplaces recognize the values of healthy lifestyles in improving work performance.
- To find ways to make Active Living relevant to all regions and communities in the Northwest Territories.
- To increase the overall percentage of Northwest Territories residents who are active enough for health benefits by 10% by 2010.
- To help build healthy communities that improve our individual and collective quality of life.



BENEFITS OF ACTIVE LIVING

- Longer life
- Improved overall health
 - Reduced stress
 - Reduced health care costs
 - Enhanced community spirit
- Greater independence for seniors
- Improved capacity for learning
- Reduces anti-social behaviour
 - Builds strong families
- Builds a healthy and productive work force



BARRIERS TO PARTICIPATION IN ACTIVE LIVING

- Lack of skills
- Not enough time
- Other commitments
- Do not know what is available
- Lack of money
- Lack of childcare
- Poor maintenance of facilities
- Programs do not match my needs



BACKGROUND / TELL US WHAT YOU THINK?

Background - (please select all appropriate categories)

- | | |
|---|---|
| <input type="checkbox"/> Health Leader | <input type="checkbox"/> Education Leader |
| <input type="checkbox"/> Recreation Participant | <input type="checkbox"/> Sport Participant |
| <input type="checkbox"/> Workplace Leader | <input type="checkbox"/> Politician |
| <input type="checkbox"/> Aboriginal Leader | <input type="checkbox"/> Interested Resident |
| <input type="checkbox"/> Youth | <input type="checkbox"/> Adult |
| <input type="checkbox"/> Senior | <input type="checkbox"/> Person with a disability |
| <input type="checkbox"/> Male | <input type="checkbox"/> Female |

Tell us what you think?

1. Why is active living important to you?

2. What do you do to stay active?

3. How do you find out about programs in your community?

4. What are some barriers to participation that you are aware of?

5. Can you identify some current active living programs or initiatives

6. Do you have any new ideas to help get people active?

7. What would you like to see in an Active Living Strategy for the Northwest Territories?

8. Is there anything presented in this consultation document that you would like to comment on?

Feel free to use extra paper if there is not enough space for your answers.

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