

November 2009

## Health Matters

### Low Or No Cost Ways To Be Active

You can be active and have fun at the same time....on a shoestring budget!

- Walk or bike to school or a park a few blocks away from your house
- Organize a walking group in your neighbourhood, bring the whole family
- Set up a group from your neighbourhood to go swimming or skating
- Go to the SPCA and take a dog for a walk
- Take the bus to a park or trail you have never been to before
- Be tourists in your own community
  - Count fish at the Capilano Fish Hatchery and then wander the trails at the Cleveland Dam
  - Check out free or low cost programs at your local recreation centre
  - Organize a soccer, ball hockey or ultimate game at your school on the weekend
  - Start a parent group or neighbourhood group that is focused on physical activity
  - Discover Rice Lake in the Seymour Demonstration Forest or walk, cycle or



rollerblade on the Seymour Valley Trailway paved road

- Visit the Lynn Valley Ecology Centre and then go for a walk on the suspension bridge and in the trails
- Play kick the can, hide-and-seek, tag, or capture the flag with neighbours
- On indoor days, have a dance party, play twister or other movement games
- Visit your local government website and find out what is happening in local parks and playgrounds (District of North Vancouver, City of North Vancouver, District of West Vancouver)
- Call the **Physical Activity Line**, for free guidance to help you become more physically active, overcome your barriers and stay motivated! **604-241-2266**



Playing sports teaches children valuable life lessons and skills including developing healthy lifestyles, leadership, practice, hard work, dedication and self confidence. Consider offering rides to your neighbours who need help getting their children to games or practices.

#### Financial assistance programs:

North Vancouver Recreation Commission: If you have a limited budget for recreation and you are a resident of North Vancouver, call 604-987-PLAY(7529) to ask for an Access appointment at your local community recreation centre.

For West Vancouver Parks and Community Services: 604-925-7279 to ask for a financial assistance appointment

[www.letkidsplay.ca](http://www.letkidsplay.ca)  
[www.a4k.ca](http://www.a4k.ca)

[www.canadiantire.ca/jumpstart](http://www.canadiantire.ca/jumpstart)  
[www.kidsportcanada.ca](http://www.kidsportcanada.ca)



If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or [Kathy.Romses@vch.ca](mailto:Kathy.Romses@vch.ca). If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca).