

Tips to get **ACTIVE** & stay **ACTIVE**

All you need is 30 min a day of moderate physical activity to improve your health or stay healthy.

Moderate physical activity makes you feel warmer and increases your breathing rate (but not to the point of being out of breath). A few examples are biking, brisk walking and dancing.

Physical activity does not have to be hard. There are lots of activities that do not require skill or a vigorous effort such as gardening, vacuuming or taking the stairs just to name a few.

Choose activities that you enjoy and are safe. There is a better chance you will continue an activity if you are having fun with little risk of injury.

Identify the benefits that are important to you and use them as motivation to stay active. Better health, weight control and reduced stress are just a few of the many benefits that can inspire you to **KEEP IT MOVING!**



KEEP IT MOVING
... by walking
... by biking
... by skateboarding



KEEP IT MOVING
... to feel good
... to be healthy
... to live longer



KEEP IT MOVING
... at home
... at school
... at work



October 15th, 2008



It only takes 30 minutes

WHAT IT'S ALL ABOUT

KEEP IT MOVING Day is a community wide event to get as many people as possible physically active on October 15th, 2008. The ultimate goal is to have people from all parts of the Town and Municipality participating in physical activities throughout the day.

Everyone is encouraged to take part; businesses, schools, families, sports teams, community halls, volunteer groups, seniors, parents, children, individuals, etc.

HOW TO PARTICIPATE

Plan an activity on your own — go for a bike ride or walk with a friend, attend an organized function — a fitness class or sports program or take the initiative and organize an activity in your community or workplace. It's totally up to you! And it doesn't matter the time of day or the location. As long as you do a minimum of 30 minutes of physical activity (which could be broken up into three 10 minute intervals throughout the day).

Simply complete and submit the Registration Form (included in this brochure) and you will receive a **KEEP IT MOVING Day Tool Kit!**

KEEP IT MOVING Day Tool Kit includes:

- ⇒ Stickers to wear while you are being active on **KEEP IT MOVING Day**
- ⇒ Promo Poster to put in your window to promote the event and show that you will be participating
- ⇒ Physical Activity Guides to use as a resource and to share with your family, friends and co-workers

PARTICIPATING HAS VALUE

By participating you will experience the benefits of physical activity and of course have fun. You will also contribute to a critical initiative. Simply by taking part you will help create awareness of the importance of physical activity. You will be taking a leadership role and setting the example for others to **KEEP IT MOVING!**

To add even more value, registered participants will be eligible for a \$100 prize (to be donated to charity of choice). Also, there is a chance to get your very own **KEEP IT MOVING Day** t-shirt so register right away!

It only takes 30 minutes

Not sure what to do on **KEEP IT MOVING Day**? Here are a few activity ideas...

On your own

- Go for a walk after supper
- Attend a fitness class or go to the gym
- Put on your helmet and go for a bike ride
- Walk to work or park a few blocks away and walk from your car

With the family

- Play Dance Dance Revolution, Nintendo Wii
- Kick a ball around, have a game of catch
- Play an active game in the yard (like tag or capture the flag)
- Go on a family bike ride

At work

- Go for a walk during coffee breaks
- Organize a day-long step challenge with your co-workers
- Plan an "active lunch" – walk to and from your lunch destination
- Set reminders throughout the day to get up from your desk and stretch

At school

- Organize a walk/bike to school group
- Incorporate physical activities into class time (stretches, low-key active games)
- Designate a block of time for the entire school to participate in a physical activity

In your community

- Organize an evening of fun physical activities at your community hall
- Hold a community walk-a-thon (be active and raise money)

REGISTRATION

Submit your Registration Form to Adam Dedrick:

- ⊕ By Fax: 875-4909
- ⊕ By Mail: P.O. Box 699, Shelburne, NS B0T 1W0

There should be a Registration Form included in this brochure. However, if it is missing you can easily get another from:

- Town of Shelburne website:
www.auracom.com/tshelb
- Municipality of Shelburne website:
www.municipalityofshelburne.ca
- Adam Dedrick (PA & Comm. School Coord.)
875-2831, adedrick@staff.ednet.ns.ca

Email your pictures to Adam at the email address below. With your permission they will be used to help promote the event next year.



Questions? Contact:

Adam Dedrick

Physical Activity

& Community School Coordinator

Phone: 875-2831

Email: adedrick@staff.ednet.ns.ca

