Healthy Living Activities
May 22, 2019
Who Am I?
Divisions and Programs

- **Sport**
  - Sport Development Camps
  - Coaching and Officials Training
  - Provincial Championships & Athlete Development Camps
  - Team BC

- **Healthy Living**
  - Physical Activity
  - Healthy Eating
  - Respecting Tobacco
  - Healthy Families
  - Healthy Living Leader Training (3 main programs)
  - Community Grants

- **Communications & Recognition**
  - Premier’s Awards (Provincial and Regional Processes)
Overall

- 2,245 community leaders
- 1,494 – 8+ week community-based programs
- 43,000+ participants
- $1,384,000 distributed to communities through grants
Aboriginal Healthy Living Activities

- 66% increase in leaders trained
- 70% increase in programs delivered
- 96% increase in program’s participants
Aboriginal Run Walk

• 998 leaders trained
• 626 programs delivered
• 15,874 participants involved
FitNation

- 128 leaders trained
- 148 programs delivered
- 2,347 participants involved
Marty’s Story......

Before...
Marty’s Story

After!
Healthy Living Beyond the Numbers....
THANK-YOU

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