

Indigenous Sport,
Physical Activity
& Recreation Council



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Move | Play | Compete

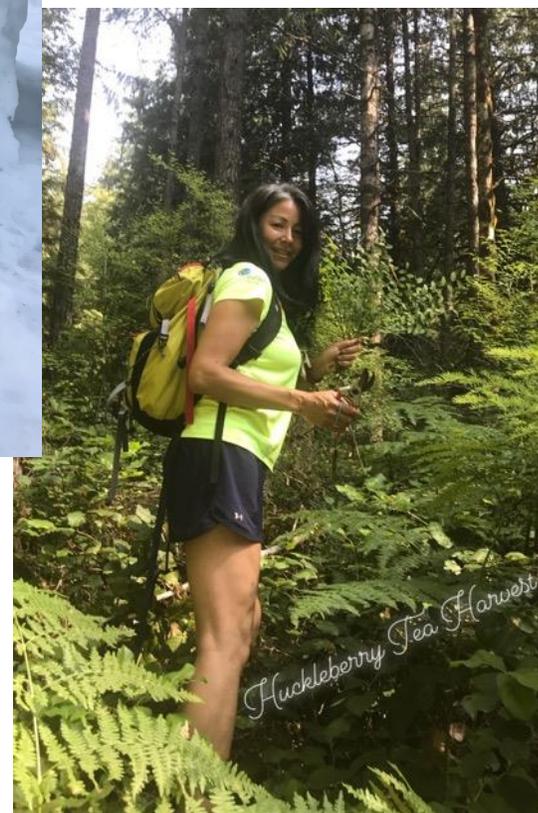
Healthy Living Activities

May 22, 2019



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Who Am I?





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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



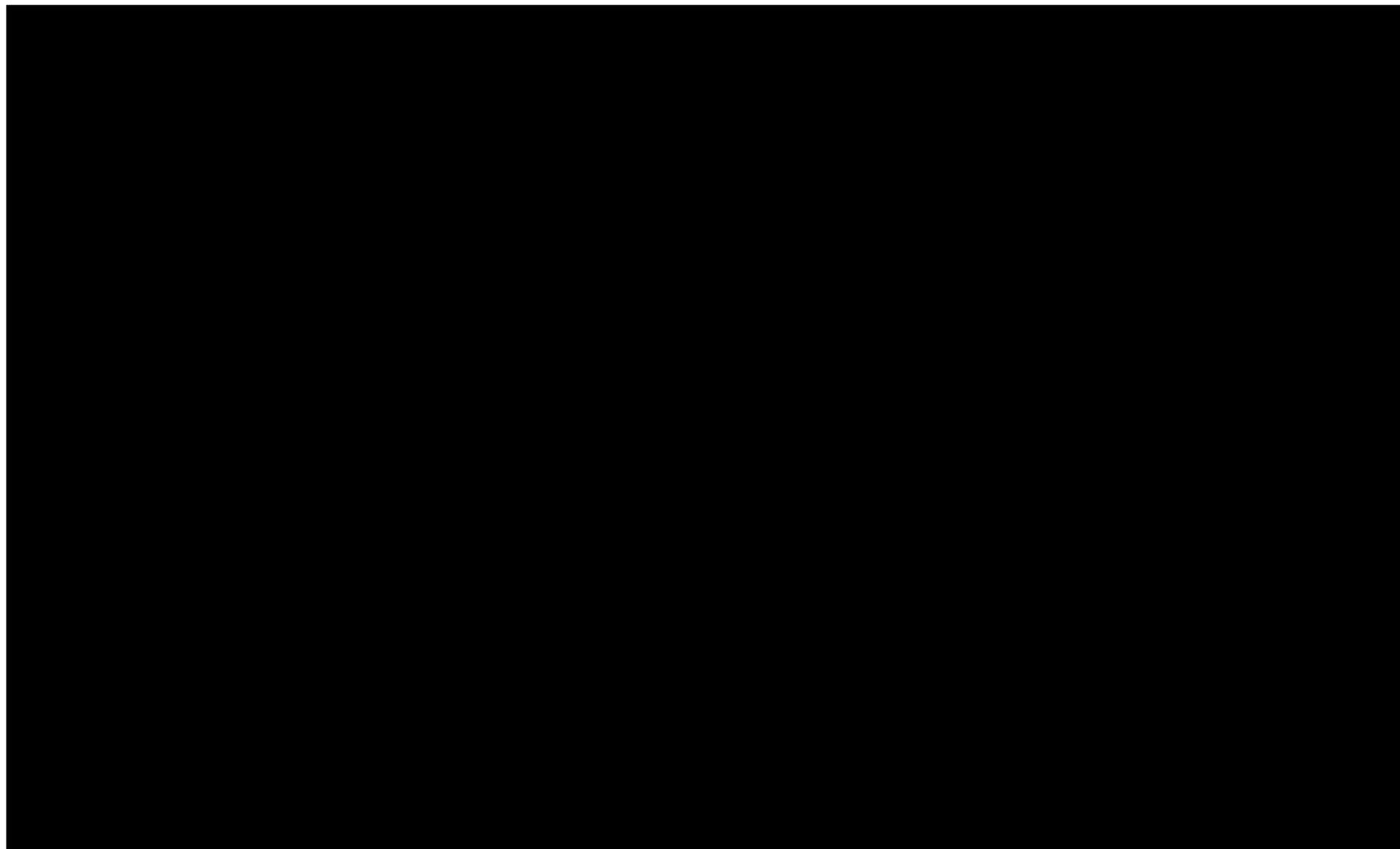
Communications & Recognition

- Premier's Awards (Provincial and Regional Processes)



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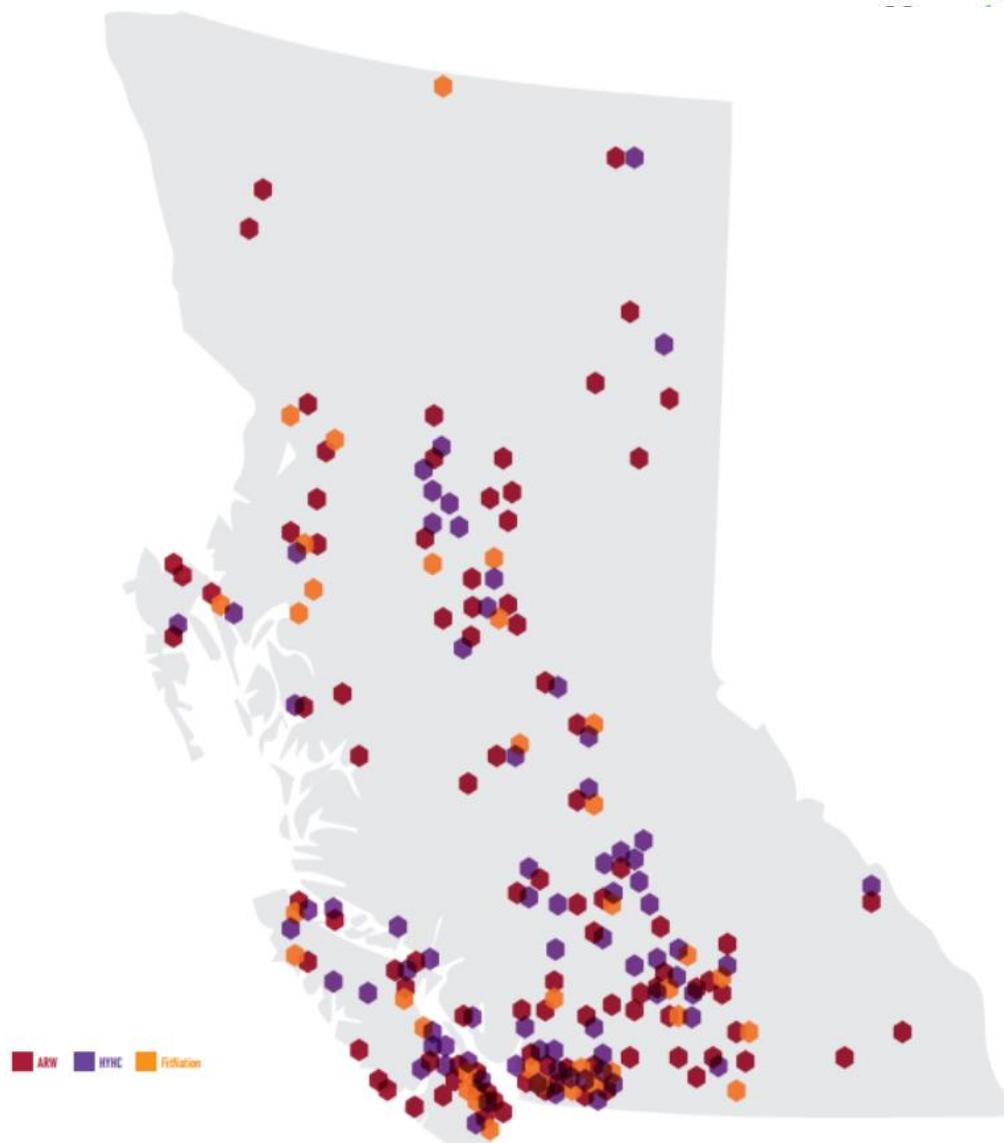
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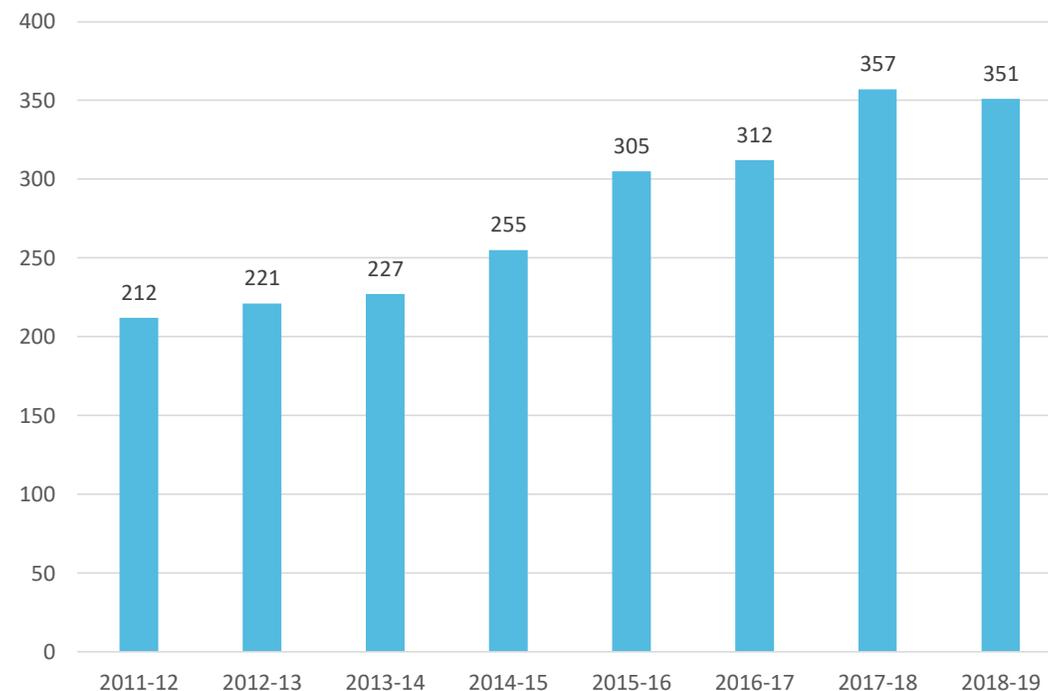
Overall

- 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



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Aboriginal Run Walk

- 998 leaders trained
- 626 programs delivered
- 15, 874 participants involved





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FitNation

- 128 leaders trained
- 148 programs delivered
- 2,347 participants involved





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Marty's Story.....

Before...





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Marty's Story.....

After!



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Healthy Living Beyond the Numbers....





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THANK-YOU



Physical Activity



Healthy Pregnancies



Healthy Eating



Respecting Tobacco

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