

UNLEASH your POTENTIAL

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Authority



Where are you on your journey to live a physically active life? Everyone's physical activity journey is different and unique. Your journey is shaped by the opportunities and experiences you have.

Joe is a middle age man. He has several hobbies and interests that are mostly sedentary. He has begun to experience a few medical issues. He is slightly more active in the summer than in the winter months. Let's take a peek at Joe's physical activity journey. As a child, he played with his sisters, brother, and friends in the neighbourhood. While there were outdoor rinks in his neighbourhood, Joe's family didn't have the equipment he needed to try skating so Joe wasn't able to take skating lessons. Now as an adult, Joe fortunately has been able to put his two daughters in a variety of activities including skating lessons. One of his daughters has fallen in

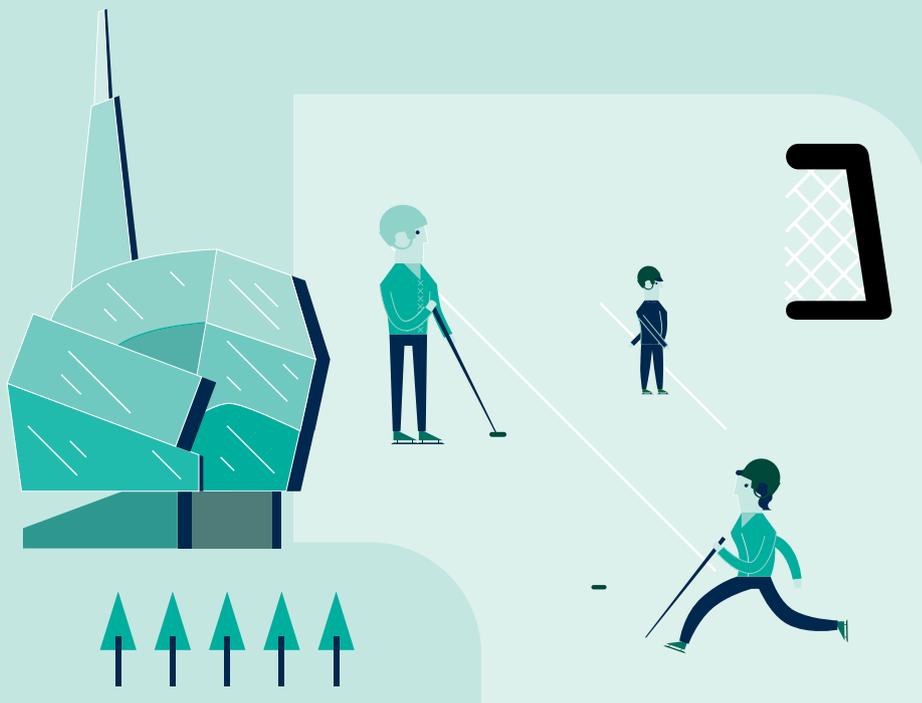
love with the ice and gone on to play hockey. While he has supported their journey, Joe doesn't have the confidence to get on the ice with his daughters at their local rink.

A large barrier to participating in activities is not having enough money. Programs and equipment can be expensive and out of reach for many people. This was the case for Joe. The impact has been that he didn't have the opportunities to participate in activities on ice. This has negatively impacted his confidence and skill to move on ice and has limited him from participating in a number of traditional winter activities. He missed out on an opportunity to increase his physical literacy.



WHAT IS PHYSICAL LITERACY? WHY IS IT IMPORTANT IN HELPING EVERYONE REACH THEIR POTENTIAL?

Physical Literacy is the confidence, physical competence and knowledge for engagement in physical activities for life. You may recognize it as something we already know- that it is important to be active and have opportunities and places to be active to learn skills that allow us to participate in a variety of activities throughout life. Opportunities to participate in activities on ice, in the air, on land and in the water contribute to physical literacy.



REACHING OUR POTENTIAL

When we can't read, write or do math at a high enough level to fully participate in society, we develop coping mechanisms. We may hide or withdraw from situations where we would need to read. By doing this, we may not reach our potential. Lack of skills can limit our opportunities.

Physical literacy is an important part of reaching our potential. Without the confidence and physical competencies to participate in activities, we may miss out on opportunities. We sit on the sidelines at a family game of soccer. We choose not to join a recreational team with friends. This limits our potential to gain the physical and

mental benefits associated with physical activity.

If Joe had the opportunity to develop the confidence, physical competence and knowledge to move on ice, he could have many more opportunities. He could be on the ice skating with his daughters. He may have taken part in a rec league with his friends. The good news is that Joe's journey doesn't end here. He plans to sign up for one of the City of Winnipeg's Adult Learn to Skate programs this fall.

So, no matter where you are on your journey, there are always opportunities to increase your physical literacy. Don't limit your potential.



EXPERIENCING FINANCIAL BARRIERS?

For more information on local subsidy programs visit bit.ly/EveryoneCanPlay or see the Fee Waiver information on page 5.



For tools and information to support your physical activity journey, visit winnipeginmotion.ca

Winnipeg
in motion
Physical Activity - do it for life!

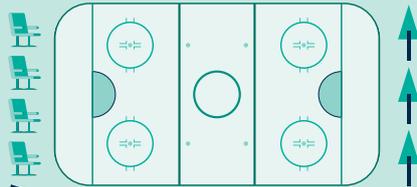
SKATING in WINNIPEG

63 COMMUNITY CENTRES



FREE PUBLIC SKATING
at 12 city arenas

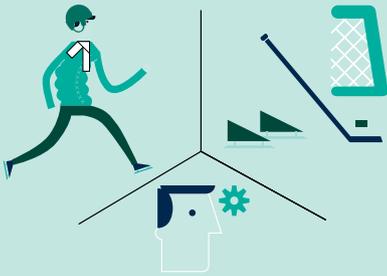
INDOOR & OUTDOOR



OPPORTUNITIES

SKATING IS A FAVOURITE WINNIPEG WINTER PASTIME

BENEFITS



- Promote physical activity and a healthy lifestyle
- Provide a great foundation for a number of winter sports and activities
- Teach essential skills and provide an excellent introduction to an activity

IF YOU KNOW HOW TO SKATE YOU CAN...

- Go on to participate in ringette, hockey, figure skating, speed skating
- Skate for **PLEASURE**
- Skate to **WORK**
- Skate **ALONE**
- Skate **WITH A FRIEND**
- Skate **WITH FAMILY**

DID YOU KNOW?

5,800 participants were involved with the City of Winnipeg Learn to Skate program in 2014



In 2014, the Learn to Skate program was offered in 12 arenas across the City of Winnipeg

In the spring of 2015, the City of Winnipeg offered for the first time a condensed Learn to Skate program that was attended by almost

100 PARTICIPANTS

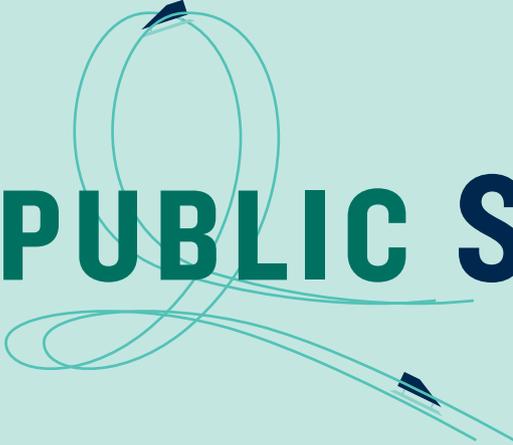


The City of Winnipeg's Learn to Skate program is offered at affordable rates

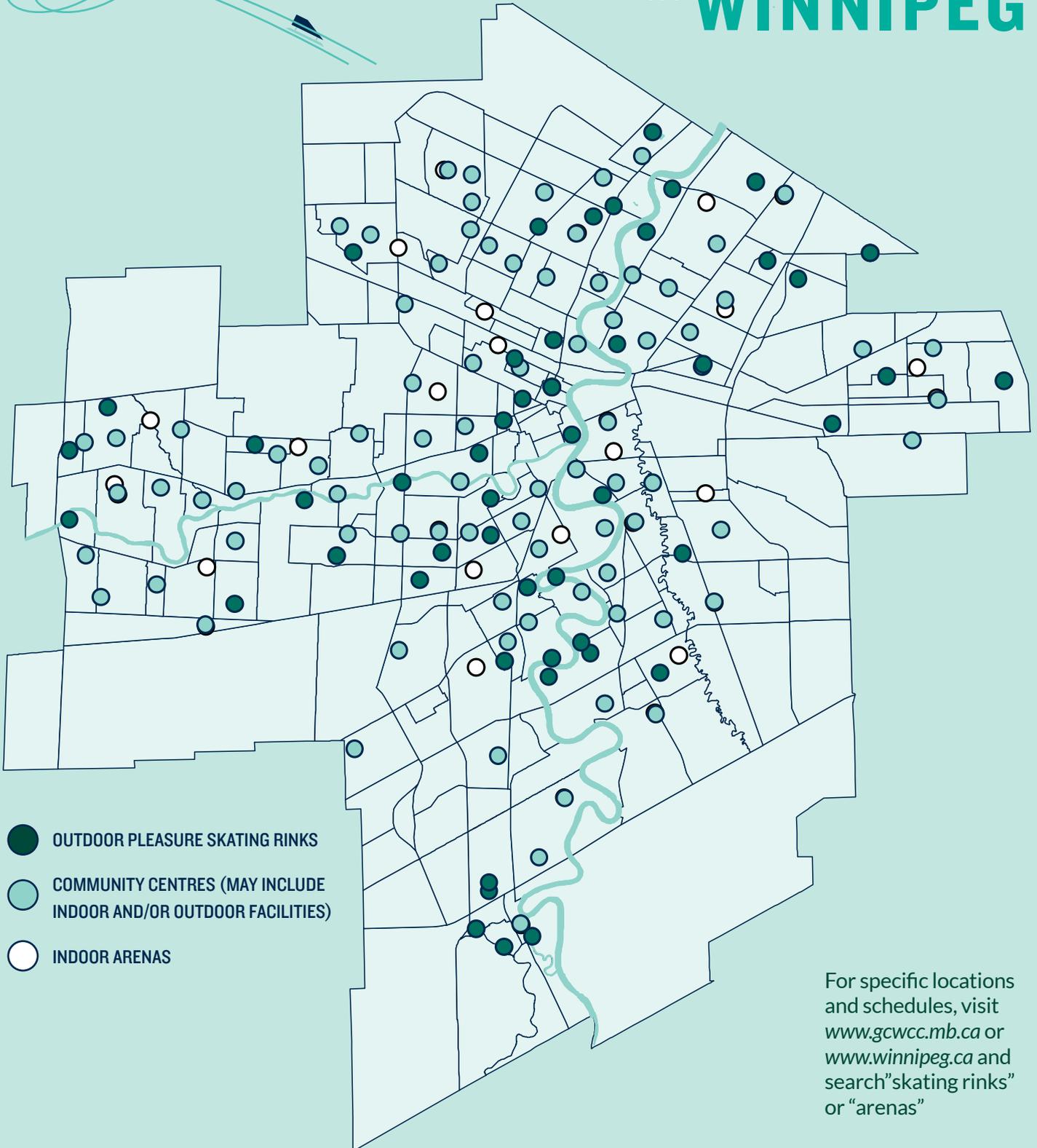


ALL FALL AND WINTER LEARN TO SKATE PROGRAMS ARE ELIGIBLE FOR THE CHILDREN'S FITNESS TAX CREDITS FOR CHILDREN UNDER THE AGE OF 16 YEARS





PUBLIC SKATING RINKS in WINNIPEG



For specific locations and schedules, visit www.gcwcc.mb.ca or www.winnipeg.ca and search "skating rinks" or "arenas"

DEVELOPING PHYSICAL LITERACY

As children grow, it is important that they have opportunities to develop physical literacy by participating in activities that develop the basic movement skills and sport skills in a variety of environments (on ice, in the air, on land and in the water). Physical literacy gives children the confidence, physical competence, knowledge and understanding to engage in physical activity in life. Throughout the Leisure Guide,

you will find active programs that are labeled according to the first few stages of the Long Term Athlete Development (LTAD) model. This information makes it easier for you to identify programs that suit your family's needs and stage. Look for the colour coded stage beside each program description. The first three stages – Active Start, FUNdamentals and Learn to Train – are activities that promote physical literacy.

ACTIVE START (0-6)

Introduce children to unstructured active play that incorporates a variety of body movements. Look for these Active Start programs:

- Learn to Skate: Parent & Cub, Li'l Polar Bears, Li'l Penguins, Seals
- Tumblers 2's n 3's
- Red Cross Swim Preschool
- Kinder Gym

FUNDAMENTALS

(FEMALES 6-8; MALES 6-9)

Activities at this stage should be FUN! They will concentrate on developing the ABCs – Agility, Balance, Coordination and Speed. Try these FUNdamental programs:

- Skate Kids 1&2; Youth/Adult
- Junior Ballet
- All Sorts of Sports

LEARN TO TRAIN

(FEMALES 8-11; MALES 9-12)

The Learn to Train stage includes programs that are more structured. The emphasis is on general sports skills that are used in a number of activities.

- Figure Follies and Power Skating
- Youth Boxing
- Red Cross Swim Kids

ACTIVE FOR LIFE

(ALL AGES)

This is both a stage and a destination. Active for life programs allow you to continue to practice your skills gained through the other stages.

- Red Cross Swim Adult
- Mov'n with Muscle 50+



FUELLING ACTIVE BODIES

HEALTHY "CARBS": THE FUEL OF CHAMPIONS

By Lorna Shaw-Hoepfner RD,
Public Health Dietitian

Carbohydrate is stored in the body and provides energy to fuel physical activity. Fill your "fuel tank" by eating healthy carbohydrates such as whole grain breads and pasta, dairy products and fruit.

DOES MY CHILD NEED A "SPORTS DRINK"?

Most of the time, plain, refreshing water is all children need to stay hydrated during physical activity. Sports drinks can be an extra source of sugar that they don't need. Encourage your child to sip water while he is active, even if he isn't feeling thirsty.

For intense activity that lasts longer than 60 minutes, a sports drink might be helpful to replace electrolytes, such as sodium and potassium that can be lost through sweat. Sports drinks also have a source of carbohydrate to keep blood glucose levels steady. Make your own sports drink: Mix equal parts of water and orange juice and add a pinch of salt.

NO SPECIAL DIET NEEDED!

Physically active children can get all the nutrition they need by following Canada's Food Guide. Even the most intense child athlete can meet their nutrient needs without special supplements. Provide a variety of healthy foods and allow children to eat as much as they need to fuel activity and support growth.

For more tips, visit heartandstroke.com and search "Fuelling Active Kids".