



January 2018

# Regional Rec Talk

## WELCOME BACK

Happy New Year from RDOS PLAY! We have been busy over the holidays developing some exciting new events that will be rolling out in regional communities this Spring and Summer!

To stay up-to-date on future events visit our website at [rec-rdos.bc.ca](http://rec-rdos.bc.ca) for the most current information.

If your community would like to showcase their unique way of staying active and having fun please email [amurai@rdos.bc.ca](mailto:amurai@rdos.bc.ca) to be highlighted in our next Newsletter.



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## REGIONAL WALK AND ROLL WEEK –MAY 6TH - 13TH

The Canadian Society for Exercise Physiology (CSEP) recommends Canadians acquire 150 minutes of moderate physical activity per week. Did you know that the majority of Canadians, even the ones who report being active, do not meet these guidelines? Walking for 10 minutes two to three times per day is enough exercise to receive amazing health benefits such as reduced blood pressure, risk of osteoporosis, risk of type 2 diabetes, chances of developing heart

disease and some forms of cancer.

Regional Walk and Roll week is here to help encourage you to meet the goal of 150 minutes of briskly walking per week! Celebrating all forms of walking and rolling RDOS PLAY will be visiting a community near you with walking workshops!

Keep an eye on your local Active Living Guide or visit [rec.rdos.bc.ca](http://rec.rdos.bc.ca) to find more information on Walk and Roll Week.

*The recommended 150 minute of moderate physical activity per week can easily be broken into 10 minute bouts.*

### SUPPORTED BY THE BC PHYSICAL ACTIVITY STRATEGY

Support and resources to enhance collaboration are provided through a partnership between BC Alliance for Healthy Living, BC Healthy Communities Society and the Province of BC.



### PHYSICAL ACTIVITY TRAILER—P.A.T

Through funding of the Plan H grant, the RDOS has developed a one of a kind Physical Activity Trailer AKA “PAT”. Focusing on physical literacy, safe play and reduction of sedentary behavior PAT aims to increase access to recreation. PAT will be packed full of great equipment to make recreation and play as easy as 1-2-3!

PAT will be traveling around the RDOS electoral areas to promote an array of sustainable strategies that will aim to elevate physical activity and recreation. Visit [rec.rdos.bc.ca](http://rec.rdos.bc.ca) or you local Active Living Guide to PLAY with PAT!!

## BUILDING A PHYSICAL LITERATE COMMUNITY

Physical literacy, the ability to move with competence and confidence in a wide variety of physical activities, is key to enjoying lifelong participation in physical activity. Ideally, physical literacy begins in early childhood and is improved across the life course. However, it is not too late for adults to develop physical literacy skills. It can be learned at any age through a variety of activities, including, sport, active recreation, exercise, play and dance. It takes a community to raise a physically, socially, intellectually, mentally and emotionally healthy child. A physical literate community is one where parents, teachers, coaches and practitioners are informed and supported. A community where seniors are vibrant and active. A community where all our children feel healthy, happy and thriving. Physical Literacy for Life is proposing the alignment of five key community sectors, cooperating to deliver the what, the why and how of physical literacy. RDOS PLAY is on board with this alignment by including all five sectors in the Regional Recreational approach to programing



For addition information and resources on Physical Literacy please visit the following websites.

*Sport for Life* — <http://sportforlife.ca/>

*Physical Literacy* — <http://physicalliteracy.ca/>

## WALK AND TALK FOR YOUR LIFE

Walk 'n' Talk for Your Life is a collaborative, community health research study designed to increase socialization and healthy lifestyles among seniors. Dr. Charlotte Jones is the principal investigator of the research study. Walk n' Talk for Your Life has partnered with numerous community partners in the Central Okanagan to be able host free 10-week programs for local seniors. RDOS PLAY is working to bring this program to RDOS communities. Please contact Amanda Murai at [amurai@rdos.bc.ca](mailto:amurai@rdos.bc.ca) or visit <http://smp.med.ubc.ca/research/walkntalk.html> if you are interested in becoming a community champion for this program.





## MEET THE FORCE

**Katie Hadwin**— Has a Degree in Tourism Management, with a Major in Recreation from VIU. She has worked in the field of Recreation since 2004. As the Recreation Supervisor of Oliver Parks and Recreation, she oversees all programs and enjoy the vast variety that entails working with all ages. She brings high energy and lots of ideas to the force, and looks forward to working as a team to make stronger relationships & connections within communities.

**Shona Schleppe**— Has a Master of Arts in Recreation and is the RDOS Rural Service Manager in Area “D”. She is an advocate for “sport for life” and physical literacy. She is passionate and committed to reducing sedentary behavior. She is enthusiastic and shares 23 years of sport development experience from Alberta. Shona believes the first step for a healthier community is an emphasis on physical literacy, increased physical activity and recreational sport.

## BRANDING OUR APPROACH

RDOS PLAY would like to extend a huge thank you to Corina Messerschmidt at Spit Fire designs for creating a brand for the Regional Recreation Approach. Keeping the original colors and basic design features of the recognizable RDOS logo, RDOS PLAY wanted to empathize the active side of our Organization. The word PLAY is in reference to Physical Literacy and You, which is the main focus of the Regional Recreation Approach. Geared towards our three target populations, older adults, child and youth, and first nations; RDOS PLAY events will be a fun and sustainable way of promoting physical literacy.

Look for our new logo on the RDOS Facebook page for Recreation Announcements.

