

TO: CHAIR AND MEMBERS
PARKS, RECREATION & CULTURE COMMISSION

FROM: DIRECTOR PARKS, RECREATION &
CULTURAL SERVICES

SUBJECT: MOVE FOR HEALTH DAY

RECOMMENDATION:

1. **THAT** approval be given to waive the fee for select swim sessions during Move for Health Day on Sunday 2015 May 10 as outlined in this report.

REPORT

Move for Health Day, held annually on May 10, was launched by the World Health Organization in 2002. The purpose of the day is to encourage people to adopt physically active lifestyles as a part of maintaining health and well-being. Every year communities across the province plan activities in local neighbourhoods to promote healthy living, some of which are free.

Move for Health Day events have been held in Burnaby since its inception in 2002 with over 9,700 participants enjoying a broad range of activities. In 2014 more than 620 people participated in 9 opportunities including walks along the Trans Canada and Stoney Creek Trails, an interpretive walk around Deer Lake, canoeing, fitness classes, soccer, free swims and the grand opening of the outdoor fitness circuit at Central Park.

This year, Move for Health day falls on Mother's day and some of the activities planned reflect this theme. New opportunities this year include the Pole Walking Challenge, Tough Mother Obstacle challenge, and the Softball and Cali-Kickball challenge through Youth Services. Of the thirteen activities offered, 8 are organized to include Mom with two focused on family opportunities.

Staff would like to offer free swimming at Fred Randall pool during a regularly scheduled public swim and at Eileen Dailly pool during a special family swim as part of Move for Health Day activities. Since these swim sessions have Commission approved fees, approval is requested to waive the usual admission fee on this day to encourage participation.

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From: Director Parks, Recreation & Cultural Services
Re: Move for Health Day

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The events planned on May 10, vary from year to year so that interest may be piqued by those who do not normally take part in regular programs and services. Offering free activities removes a major barrier to participation. Ultimately the aim is to improve the health of Burnaby residents through participation in one of the many opportunities the City has to offer.

A handwritten signature in black ink that reads "D. Ellenwood". The signature is written in a cursive, flowing style.

Dave Ellenwood
DIRECTOR PARKS, RECREATION & CULTURAL SERVICES

NH: mg

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