

COMMISSION REPORT

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 Tuesday 2016 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 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 11,000 participants to date enjoying a broad range of activities. In 2015, more than 650 people participated in thirteen opportunities including a pole walking excursion on Stoney Creek Trails, canoeing on Deer Lake, fitness classes, soccer, free swims, community art activities and a Tough Mother obstacle challenge.

New opportunities this year include a lap swim with stroke improvement and workout drills, 3 aquafit classes, a variety of specialized fitness experiences including foam rolling, drumming, a cardio cross training class and an indoor cycling class for youth. Youth Services will introduce "The Amazing Mudder", an obstacle and team challenge. Dr. Davidicus Wong will present a talk on how to make healthy choices and lead a "Talk and Walk with Doc" at which he will highlight the benefits of exercise and living a healthy and active life (Attachment #1).

Staff would like to offer free swimming at Fred Randall and Eileen Dailly pools 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.

To: Parks, Recreation & Culture Commission
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: lw

Attachment

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Get moving, Burnaby... it's Free!

May 10 is Move for Health Day

These free events are taking place all over Burnaby and everyone is invited!

AquaFit Classes

6:45-7:30am (moderate)

9:30-10:30am (moderate/intense)

8-9pm (deep and shallow options)

Eileen Daily Pool

Come and try any or all of our three AquaFit classes.

9-10am (deep & shallow) | CG Brown Pool

Come and try a shallow or deep aquaFit class!

Adult Stroke Improvement & Fitness Information Sessions

Get your swimming skills assessed and enjoy an introduction to our new program Adult Stroke Improvement & Fitness. Registration required.

8:30-9:15am (barcode: 401569)

12noon-1pm (barcode: 401570)

9-10pm (barcode: 401571)

Edmonds Community Centre

Cardio Cross Training Class

9:30-10:30am | Cameron

Join this high energy drop-in class that offers variety while working all your muscles to increase strength and flexibility. Class takes place in our sports hall so lots of room for a huge cardio cross training party!

Foam Rolling

10:30-11:30am (barcode: 401046)

7-8pm (barcode: 401047)

Edmonds

The foam roller is a tool designed to release the myofascia and reduce trigger points in the tissues. It helps reduce risk of injury and improve flexibility. Bring your own roller if you have one. Registration required.

Talk with Doc

1-2pm (barcode: 401044) | Edmonds

Is living and leading an active lifestyle important to you? Learn how to make healthy choices from Dr. Davidicus Wong, our local family physician. Registration required.

Family Fun Fitness

3:45-4:45pm | Bonsor

Experience a whole lot of fun and fitness in this circuit-style class. A variety of moves and equipment to challenge all ages and abilities. (Ages 5-15 must be accompanied by an adult)

Indoor Cycling for Youth (11 + years)

3:45-4:45pm (barcode: 401036) | Cameroh

Learn how to get set up on an indoor cycle then go for a ride! This class takes you through 10-15 minutes of set up followed by 45 minutes of spinning to your favorite tunes!

Move on the Water

5:30-6:15pm (barcode 396189)

6:15-7pm (barcode 396190)

7-7:45pm (barcode 396191)

Deer Lake Beach

Enjoy an introductory canoe lesson. Youth aged 10-15 years must be accompanied by an adult. Participants must sign a waiver; for those under 19 years, a parent or guardian must sign the waiver. Pre-registration required.

Talk & Walk with Docs

5:45pm (barcode: 401567) | Confed Centre

Join Dr. Davidicus Wong for a 30 minute talk on the benefits of exercise and importance of living a healthy, active life. Information session is followed by a community walk. Registration required.

Move On Your Bike

5:30-7:30pm

Burnaby Lake Sports Complex - East

Supported by HUB and open to all ages, come out and get your tires pumped up, chain oiled and cursory safety check. Meet at the grass field east of Bill Copeland. Take a ride along the Central Valley Greenway, learn about bike safety and bike routes. Guided rides leave every 30 minutes.

Drumming for Fitness

4-4:45pm (barcode: 401045) | Edmonds

Using drumsticks, an exercise ball and step risers, drum your way to fitness in this alternative exercise class. Children 7 years and older may join when accompanied by a parent. Registration required.

Fun & Fit Swim!

8-9pm | Edmonds

Our Aquatic Fun Squad will be out in full force along with "George" and "Clooney" - our large inflatable creatures. Regular admission fees apply and no registration required.

Adult Lap Swim

9-10pm | Eileen Daily Pool

Lifeguard staff are available to help with stroke correction and workout drills. Equipment that is helpful in improving your stroke and maximizing your workout is on hand for you to try. Lanes available from beginner to advanced.

Tough Mother Challenge

11am-12noon (barcode 398886)

Cameron Complex

Sunday, May 8

Challenge mom and family to this outdoor obstacle race. All levels welcome. Please pre-register as space is limited.

