
TO: CHAIR AND MEMBERS
PARKS, RECREATION & CULTURE COMMISSION

FROM: DIRECTOR PARKS, RECREATION & CULTURAL SERVICES **FILE:** 54000-01

SUBJECT: NEW YEAR RESOLUTION DRAW PRIZES

RECOMMENDATION:

1. **THAT** approval be given to provide five sets of three personal training packages as draw prizes for a new goal setting initiative at each of our Recreation Centres.

REPORT

Staff at City of Burnaby recreation centres have created an initiative for patrons to make New Year's resolutions or goals to assist in their plans to lead a healthy lifestyle. The purpose of the initiative is to help patrons reach their goals in a fun and supportive manner, while promoting the facilities and services of the centres.

Studies show that individuals have a higher success rate when they write down and share their goals. Patrons are asked to write their goals down on a form provided by staff, and are then given tips and encouragement to help them achieve their goals. Staff are using the SMARTER goal setting format where goals need to be:

- Specific
- Measureable
- Achievable
- Realistic
- Time sensitive
- Evaluated
- Re-done (once they finish)

To: Parks, Recreation & Culture Commission
From: Director Parks, Recreation & Cultural Services
Re: New Year Resolution Draw Prizes

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As part of the initiative, prize draws are planned to encourage participation and to promote the City's Personal Training program. Therefore, approval is requested for permission to give away five sets of three personal training packages. The estimated value of these prizes is \$766.



Dave Ellenwood
DIRECTOR PARKS, RECREATION & CULTURAL SERVICES

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