

Move Into Spring!

Spring is just around the corner. What a great time for you and your family and friends to go outside and get moving!

Did you know that the Canadian Physical Activity Guidelines recommend at least 60 minutes

and scroll down to “Available Maps” for some excellent resources and maps to get you started.

2. Cycle on Wolfe Island! Take a break for a healthy picnic on the beach.



of moderate to vigorous daily physical activity for children and 150 minutes/week for adults (about 30 minutes/day, 5 days/week)? Following are some ideas that can help you and your family easily achieve this recommendation.

1. Take a hike. Getting outdoors into nature gets you physically active AND brings peace of mind. Go to Kingston Gets Active’s website “Walking” page

3. Enjoy a day on the water: try canoeing or kayaking.

4. Play sports in the park: try frisbee, soccer, or other sports with your children.

6. Spend time gardening. Whether growing your own vegetables or planting flowers, this is a great way to get outdoors and be active.

How Can You Make Family Walking Interesting?

1. Go to a Conservation Area and enjoy some of the beautiful nature Kingston has to offer.
2. Supply children with bug nets, binoculars, or cages to maintain their enthusiasm while hiking. These items can be purchased for a low cost at the dollar store.
3. Turn the walk into a scavenger hunt! Develop a list of things you would like to see or do during the walk, and ensure you complete the list as you go. For example, spotting 3 different types birds, collecting a certain number of pine cones, having a competition to see who can skip a rock the most times in a river, doing 5 jumping jacks whenever you see a sign, etc.
4. Try geocaching. e.g. searching for hidden containers using a GPS (www.geocaching.com).
5. Check out a pedometer from your local library to track the amount of steps you take on your walk. Keep a record of the number, and try to beat it the next time you go walking.
6. Ask children to collect some small, smooth rocks during the walk. When they get home they can make "pet rocks". This can be done by washing the rock, painting it, and gluing googly eyes to it.

Kingston Gets Active Update

www.kingstongetsactive.ca
613-546-2647 x226

HAVE YOU USED YOUR ACTIVPASS?

Attention Grade 5 and 9 students: use your student card for FREE access to participating recreation facilities at designated times. Go swimming, skating,

or use the gym!

Grade 9 students can get a FREE City transit pass and use it to get to facilities or around town. Check our website for more details and more active ideas for everyone.

KINGSTON GETS WALKING

Facebook page to network with other local walkers and walking groups.

Walking is one of the easiest ways to get active. Check out our NEW Kingston Gets Active Walking page on our website for information on Walking Groups in Kingston, Walking Resources, and Walking Maps of the area. You can also join our new Kingston Gets Walking

Benefits of Walking:

- ✓ Maintain healthy weight
- ✓ Strengthen bones
- ✓ Relieve stress and tension
- ✓ Help with a positive body image
- ✓ Reduce fatigue and increase energy
- ✓ Allow time spent with family and friends

Got Some Time? Volunteers Needed to Walk Students to School!



You can be a leader! Walk with students to school to promote safety and physical activity.

Become a Volunteer Physical Activity Ambassador.

Volunteer one morning a week to lead a Walking School Bus.

Free training is provided.



Contact:

info@kingstongetsactive.ca
www.KingstonGetsActive.ca
613-546-2647 x226



A FREE training session will be offered on Monday March 25 and Wednesday March 27 from 6-9 PM.

START STEPPING WITH A Pedometer

Recommended Daily Steps

You may know that many health promotion programs recommend taking at least 10,000 steps a day. This equals approximately 8 kilometres (roughly 5 miles), depending on the length of your stride. A 2-hour walk at an easy pace can cover this distance.

Why Pedometers?

Pedometers count the wearer's steps during physical activity. Some pedometers will also convert your steps to the kilometers you have walked and the calories you have burned. Pedometers have been successfully used to motivate and increase walking and physical activity patterns. Download a Walk-On log sheet from our website and keep track of your daily steps!

Where to Borrow a Pedometer?

Pedometers can be checked out with a library card for 3 weeks and renewed for up to 9 weeks at your local library. Pedometers are a great way to get motivated to start stepping. For more details, check Kingston Gets Active Website.

Free Events in Amherstview

1. EVAN AND EVANS MAGIC SHOW

Time: March 12, Tuesday, 2:00 p.m.-3:00 p.m.

Place: Amherstview Community Hall, 108 Amherst Drive

Description: Fun for all ages!

2. FAMILY DAY IN MAY

Time: May 4, Friday, 4:00 p.m.-10:00 p.m.

Place: W.J. Henderson Recreation Centre, 322 Amherst Drive

Description: Entertainment, BBQ (\$), activities, an outdoor movie and more!

For more information, please check out www.loyalist.ca. To be a sponsor, please contact Recreation Program Coordinator at 613-389-3648 ext. 211 or msmith@loyalist.ca

Free Events from the City of Kingston

1. SPRING & SUMMER RECREATION & LEISURE SHOWCASE

Time: March 23, Saturday, 9:00 a.m.-3:00 p.m.

Place: Portsmouth Olympic Harbour, 53 Yonge Street

Description: Discover something you will love to do this spring and summer! Come out and let over 80 community organizations show you how to get fit, have fun, stay active, learn a new sport, take art lessons, you name it! Bring the whole family, there's something for everyone to enjoy. Drop off your gently used soccer cleats and shin guards for the Kicks for Kids program.

2. NATIONAL YOUTH WEEK

Time: May 1 – May 7



Description: Canada's largest youth-led celebration of creative expression and community involvement. Get active. Make a difference in your community! For more information, please check: www.CityofKingston.ca/youth

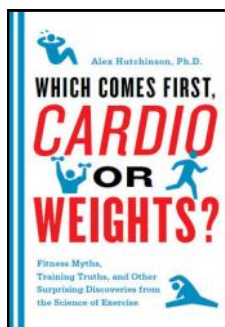
3. CITY SPLASH PADS

Time: May 18, Saturday

Place: City Park, 33 Bagot Street; Memorial Centre, 303 York Street; Shannon Park, 199 Wilson Street; Ronald Lavalee Park, 53 Fourth Avenue.

Description: Opening weekend for City Splash Pads, weather permitting.

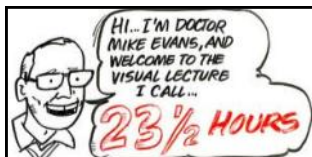
Book of Interest



Answer your exercise-related questions with Canadian journalist Alex Hutchinson's book: "Which Comes First, Cardio or Weights?: Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise". This book is well-organized and contains easy to understand, research-based answers.

Video of Interest

A Youtube video called "23 and 1/2 hours: What is the single best thing we can do for our health?" from Dr. Mike Evans has over 3 million hit on Youtube so far. If you have not watched it, check it out at <http://www.youtube.com/watch?v=aUaInS6HIGo>



Kingston Gets Active Partners

Kingston Gets Active Ambassadors



Behind every organization, there are those individuals who bring it to life. For Kingston Gets Active (KGA), those individuals are the KGA Ambassadors. Along with a dedicated steering committee, the ambassadors work hard in the Kingston community to promote an active lifestyle. Ambassadors from various backgrounds and ages ranging

from retired seniors, to working moms, to university students, have come together under the banner of physical activity to share their love for exercise and create a healthier community.

Ambassadors have many roles in the community. They provide fitbreaks for various groups who want a little break during work or meetings, or just want to get active and have a little fun! They also hold presentations and attend showcases and community events to educate community members about physical activity and its importance. In February, Ambassadors attended the Winter Carnival held at the Kingston Boys and Girls Club to play active games with the children and provided them with equipment to play with. For the first time, KGA Ambassadors will be involved in the Walking School Bus program that will take place in four elementary schools around Kingston.

Not interested in the services mentioned above or would like more variety? Not a problem—our ambassadors have much more to offer! For example, you can request Ambassadors to come and give a talk at your event or organization. Or if you would like to try out a pedometer, visit one of the Kingston Frontenac Public Libraries or the Kingston Seniors Association and the staff will be glad to lend you one!

KGA ambassadors are very dedicated individuals, always willing to serve community members to help them live an active lifestyle. KGA is recruiting this March for the next training session! We are especially hoping to find volunteers to be Walking School Bus leaders. So, if you or someone you know would you like to become a part of the team and volunteer as an Ambassador, please fill out an application form that can be found on our website at www.kingstongetsactive.ca.



Stay active!

To find out more about what KGA and Ambassadors do, visit our website at www.kingstongetsactive.ca or check out our Facebook page to stay updated on events in the community!



Kingston Gets Active Contact Info:
Coordinator: Kristin Cote
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