

# Kingston Gets Active Newsletter

VOLUME 2, ISSUE 2, SUMMER 2013

## Stay Active All Summer

(Written by Sara Giovannetti and Chao Xue)

Summer is the season to head outside and get active! 'Being active' is not limited to participation in sports and exercise; spend time on your feet while doing an activity or hobby that you enjoy. Set a goal to try something new.

Aim to reduce the time you spend being sedentary by embracing the great outdoors! According to the Canadian Sedentary Behaviour Guidelines, reducing sedentary time (including on-screen time) is as important to your health as increasing your physical activity levels, especially for children and youth. The Guidelines recommend no more than 2 hours of sedentary every day for children and youth between 5 and 17 years old.

Have a look at the following list of summer activities to get you

moving:

1. Get a book, or look online for information on insects, birds, flowers or trees that are native to Ontario. Go for a walk and try to identify various species.

2. Beat the heat by going for a swim! Try a local pool or splash pad, or head to the beach for the day! Set up a sprinkler in your yard if you want to cool off while staying at home.

3. Grow a vegetable garden. Not only will you keep active by caring for the garden, but you will now have the ingredients for a nutritious meal.

4. Wash your car on the driveway. Turn on some music and dance while doing so to increase your physical activity level.

5. Spend an afternoon at a park:
- Bring nets to catch butterflies
  - Fly a kite
  - Go fishing
  - Hike
  - Play catch or Frisbee

6. Go for a bike ride. Check out the "Resources" tab on the Kingston Gets Active website for information on cycling routes.

7. Visit historic Fort Henry and run up and down the hills.

8. Make an effort to use "active transportation" more frequently throughout the summer. Ride a bike, walk, skateboard, scooter, or rollerblade to your destination.

With these activities, you can easily meet the recommendations from both Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines this summer. So let's get active!



**GRADE 5 AND 9 STUDENTS FREE AT THE OUTDOOR AQUATIC CENTRE!**

Grade 5 and 9 students: remember to use your ActivPass card (student card) at recreation facilities for FREE access at designated times ALL SUMMER LONG! The pass is good until August 31. Be sure to take advantage of FREE access to the Memorial Centre Outdoor Aquatic Centre, where you can try out the water slide or the lazy river with your friends (free for everyone Tuesdays in July/Aug 5-7PM). Check the ActivPass schedule on the Kingston Gets Active website for facility times, including times for skating and fitness. Grade 9s can also ride the bus FREE all summer (use it to get to a recreation facility)! What a great opportunity to get active and have fun all summer!

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**SUMMER TIME IS SPLASH PAD TIME!**

Did you know that you can use the Kingston Gets Active website to search for active places such as splash pads, beaches, and parks? You can also search by activity or by age group. Simply click on "Places" on the grey toolbar across the top of the website, then check off any boxes to narrow your search, and find the resulting list at the bottom of the page. As an example, below is the list that pops up when you search "Splash Pads/Wading Pools" (found under "active places"). Click on any of the resulting parks to get more information.

Splash pads and wading pools are a great way to get outdoors, cool off and have some fun with the kids in your life!

Example List:

- ✓ Victoria Park
- ✓ Shannon Park
- ✓ McBurney Park
- ✓ Ronald Lavallee Memorial Kiwanis Park
- ✓ City Park

Free pools also available to you at:

- ✓ YMCA of Kingston
- ✓ Beechgrove Complex Recreation Centre
- ✓ W.J. Henderson Recreation Centre Pool in Amherstview

**KGA New ACCESSIBLE RECREATION Webpage!**

Your city may offer more accessible resources than you know about! Accessible recreation refers to recreational opportunities that are meant for people of all ages and disabilities.

Go to Kingston Gets Active website and check out our new Accessible Recreation webpage! This page will help you find out where people with all disabilities can do sports, exercise, and have fun in the Kingston area.

**CURRENT GRADE 9 STUDENTS — TRACK YOUR ACTIVITY!!**

Try out our new Grade 9 ActivPass Tracker . Go to KingstonGetsActive.ca, click on ActivPass Tracker, register and log your ActivPass visits. Earn points and compete with friends & other schools!

## Free Events from the City of Kingston



**1. Doors Open Kingston** Time: July 1, 11a.m.- Aug. 20, 5p.m.  
Time: Sat. June 22, 6p.m. -7p.m.  
10a.m.-4p.m.

Place: Grass Creek Park 2993 Highway 2 East  
Place: Outdoor Aquatic Centre  
Family-friendly event. All ages. Children 9 years and under must be accompanied by a person 16 years or older. Maximum 3 children per caregiver. Caregiver must be in the water.  
Sand castle competitions, bouncy castles, rock-climbing wall, games, kids craft corner and live entertainment throughout the day.

Visit a variety of sites throughout the city as they open their doors to showcase amazing architecture and design, historical collections and a glimpse inside Kingston's landmark buildings.  
For more details, visit [www.doorsopenontario.on.ca/Events/Kingston.aspx](http://www.doorsopenontario.on.ca/Events/Kingston.aspx).  
Please call (613) 546-4291 x1716 for any questions.

**2. Canada Day at Grass Creek Park**  
**3. Tim Horton's Free Swims**  
Time: Tuesdays, July 2-

Time: July 2-Aug. 23, Mon.-Fri.  
Recreational program including active and quiet games, arts and crafts, sports, special events and theme days.  
The program is intended for children aged 6-12.  
For more details, visit [www.CityofKingston.ca/recreation](http://www.CityofKingston.ca/recreation).

**4. Neighbourhood Park Drop-In Program**

## Free Event from Junior CRNC

### Summer Celebration

Time: July 10, 2p.m.-5p.m.  
Place: Splash Pad in Shannon Park—All welcome to launch of Parks Play & Learn Program!

## More Events in Downtown Kingston

Check out Kingston Gets Active's website and Facebook page for information about the following and more summer events:

- June 2-8: Commuter Challenge and Cycling Week
- June 23: Shoreline Shuffle
- August 3: Princess Street Promenade

### Hike in a Park Day

Time: Sun. June 9, 1p.m.-3p.m.  
Place: Parrots Bay Conservation area, Amherstview (Bath Rd Hwy 33)  
Take a hike through the great trails, play some games with the Come Out and Play trailer staff and see what great opportunities Loyalist Township has to keep you active.

## Free Event from the Heart & Stroke Foundation

### The Big Bike

Time: June 4-8, starts at 9a.m.  
Place: RioCan Centre & K-Rock Centre  
The Big Bike can hold up to 29 people for a 15-20 minute ride and teams of all sizes can participate. When you ride the Heart & Stroke Big Bike, you are helping your colleagues, family and friends get active while raising funds to help Canadians live longer, fuller lives!  
To register, please call (613) 384-2871.

## Free Events from Loyalist Township

### 2. Come Out and Play

Time: June-Aug.  
The Come Out and Play trailer offers fun equipment for anyone to get them moving. Whether it be hula hoops or bouncy balls everyone can enjoy this leisurely play time for FREE! For information on specific dates, times, and locations, please go to <http://www.loyalisttownship.ca/recreation>, click on Come Out and Play Trailer Schedule 2013.

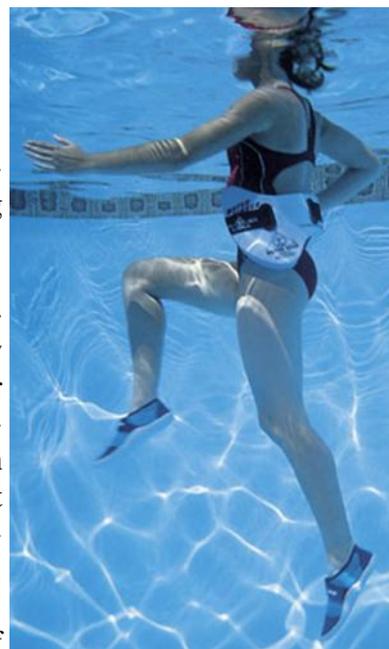
# WATER RUNNING

(Written by Sara Giovannetti)

Whether you are injured, seeking a change in your typical exercise routine, or trying to become physically active again, give deep-end water running a try!

Water running is a form of cross-training similar to running on land, but without the impact on your joints. Not only will it boost your cardiorespiratory fitness and improve strength, but it will allow you to prevent and/or recover from injuries. It may be ideal for older adults suffering from arthritis, or pregnant women who would like to exercise without the pounding (but check with your doctor first). Many elite, world-class athletes use water running as part of their training regimen to improve further upon their fitness without increasing their risk of injury.

Water running is quite simple: get into deep water and mimic the motion of running. No swimming skills are necessary. Using a floatation belt is helpful to maintain proper running form. Form is more important than moving quickly; there is no need for speed to obtain the health benefits! Water is more resistant than air so your pace will be much slower. Focus on keeping your back straight, with only a slight lean forward. Drive your knee upward to an approximate 75-degree angle at the hip, and then downward into almost full extension. Swing your arms similarly to how you would when you run: opposite arm to opposite leg. Keep your hands closed loosely, but not clenched. Try it in a pool or at the lake and have fun!



## Check Kingston Gets Active's Website...

1. **Subscribe to our quarterly newsletter!** Go to Newsletter webpage and type in your email address. You will be one of the first to receive the newest KGA newsletter every quarter.
2. **Become a volunteer for KGA!** There are many volunteer opportunities within KGA and your contribution will help Kingston become an active and healthy community!
3. **Look for ideas to get physically active!** Our website provides people of all ages and abilities with ideas to get physically active. Check out which one is for you!
4. **Look for upcoming events around you!**

**Contact:** Coordinator: Kristin Cote  
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Kingston Gets Active Partners