



Informative Resources

This reference is intended to aid prospective applicants who are building or enhancing a physical activity initiative.

Nova Scotia Health Promotion

www.gov.ns.ca/ohp/srd

The Physical Activity, Sport and Recreation program area of Nova Scotia Health Promotion has a mandate to provide policies, programs and services that maintain, enhance and create quality sport, recreation and fitness opportunities, which improve health and contribute to the social and economic well-being of all Nova Scotians. The site contains information, publications, resources, programs, workshops, funds, policies, strategies and studies for sport, recreation, outdoor recreation, active living and facilities.

Public Health Agency of Canada

www.paguide.com

The website posts the *Canada's Physical Activity Guide to Healthy Active Living* – a bilingual series of personal guides for children, youth, families, teachers, adults and older adults. This website also links to other initiatives such as SummerActive, Active Living at Work, Stairway to Health, Active Transportation.

Sport Nova Scotia

www.sportnovascotia.ca and www.playsport.ca

Sport Nova Scotia (SNS) provides support, direction and leadership to sport in the province. The website has links to provincial sport organizations and offers details on its programs, funding programs, publications and resources.

Recreation Nova Scotia

www.activekidsns.ca and www.recreationns.ns.ca

Recreation Nova Scotia (RNS) hosts a searchable database of successful stories and evidence-based interventions that motivate and increase the capacity of children and youth to lead a healthy active lifestyle. The online resource supports individuals and organizations promoting physical activity with program ideas, useful resources and networking opportunities. A monthly *Successful Stories Bulletin* and quarterly *Evidence Based Interventions Bulletin* are distributed electronically.

Go For Green

www.goforgreen.ca

This national organization encourages outdoor physical activity that protects, enhances or restores the environment. Order guides, books and tools related to cycling, walking, trails, recreation and sport for school, community and workplace settings. Learn about various programs that can be applied locally such as the International Walk to School, Ice Dreams, Gardening for Life and Winter Green. Other useful tools include the trail information website, prescription pads and information on active transportation.

Canadian Fitness and Lifestyle Research Institute

www.cflri.ca

The Institute aims to enhance the well-being of Canadians through research and communication of information about physically active lifestyles from the complementary perspectives of the health professions, and the sociological, psychological, physiological and biological sciences. The *Lifestyle Tips* column provides motivational, easy-to-read and practical suggestions for integrating physical activity into daily life. The *Professional Corner* is an extensive database – searchable by target groups, settings and strategies – of recommended actions and statistics that helps inform program planning. CFLRI offers easy-access resources like surveys, publications and their study series such as *Increasing Physical Activity: Supporting Children's Participation*.

Lifestyle Information Network

www.lin.ca

The Lifestyle Information Network (LIN) is the home of Canada's extensive online National Recreation Database - a repository for the knowledge and collective wisdom of ideas around programs, service, training and tools. LIN also daily monitors the media for the latest relevant news.

Active Healthy Kids Canada

www.activehealthykids.ca

This charitable organization's website provides access to tools, tips, programs and events.