

Town of Berwick

Active Living Strategy

2017 - 2022

Presented to the Town of Berwick

March 1, 2017

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EXECUTIVE SUMMARY

Municipalities have the legitimacy and credibility to bring community partners together to identify multiple strategies for tackling inactivity. Planning for an active community requires a high degree of collaboration between government, non-government, and business sectors in a wide-variety of disciplines, at the local, provincial, and national level. This strategy examines the Town of Berwick and its long term plan to increase activity levels for the entire community.

In 2014 The Town of Berwick partnered with the Department of Communities, Culture and Heritage (DCCH) and the Western Kings Memorial Health Society (WKMHS) to create the Active Living Coordinator position. The truth of the matter is; our current society is shifting away from physical activity. If people know the benefits of being physically active, why is it that physical activity levels continue to decline?

Several forms of local research were completed including focus groups, online and telephone surveys and reviews of both local and provincial plans and strategies. Statistics aligned with what the province indicated; we are facing an inactivity crisis. By aligning our strategic goals with the needs of our community, and by working together, we can work toward the common goal of increasing physical activity levels in the Town of Berwick.

Through a combination of research, strategic review and research into provincial and town plans, the Town of Berwick will support six goals to increase physical activity levels in their community. These goals focus on communication, supportive active transportation environments, providing targeted and underserved populations with accessible physical activity opportunities, encouraging adventurous outdoor play, building capacity and leadership in our community and increasing the built environment.

In order to achieve these goals actions will be shaped around the Socio-Ecological Model. This approach focuses on targeting four areas of influence to effectively impact a population. The following four levels; individual, social environment, physical environment and policy are broken down into actions that work towards achieving our six goals. The priority of the Active Living Coordinator will be to align their work with the goals and actions of this strategy and report yearly progress to the DCCH, the WKMHS and the Town of Berwick.

BACKGROUND & OVERVIEW

What is the MPAL (Municipal Physical Activity Leadership) Program?

The truth of the matter is; there are many benefits associated with increasing physical activity levels in our communities which include health, social, economic and environmental benefits. With evidence supporting the fact that we are becoming less active as a population, the Government of Nova Scotia has set a goal of increasing physical activity levels amongst Nova Scotians.

The MPAL program was created to support the goal of increasing physical activity by providing municipalities with the opportunity to hire an individual who would work at a local level to provide qualified leadership to motivate residents toward a more physically active lifestyle.

The Nova Scotia Department of Communities Culture and Heritage (DCCH) partners with municipalities in a cost-share program to implement a comprehensive local plan intended to increase participation in health enhancing physical activity. In 2014, the Town of Berwick entered into an agreement with the DCCH and the Western Kings Memorial Health Society to hire an Active Living Coordinator for the Town of Berwick who would first create, then implement, a comprehensive strategy specific to the needs of Berwick.

The Strategy

The role of the Active Living Coordinator is to complete a comprehensive strategy to raise awareness and increase participation in structured and unstructured physical activities. The strategy outlines not only municipal needs and priorities, but needs also set forth by the province of Nova Scotia in relation to physical activity. By gathering and reviewing participation trends, community assets, and consultation results, the Active Living Coordinator shapes information into goals and actions for the community.

The strategy also links other Town of Berwick municipal plans and strategies such as the ICSP, Open Space and Trail Plans, the Municipal Planning Strategy and the Recreation Future Direction Report. With an annual review process, the Active Living Coordinator will be responsible for using this strategy as a guide to shape their work throughout the year. After the conclusion of the five year action plan, the strategy will be reviewed, community consultations, provincial guidelines and trends will be accessed and the strategy will change to reflect the gathered information.

What is physical activity?

Physical activity is defined as, “any bodily movement produced by skeletal muscles that require energy expenditure” and includes many different forms of activity. Often times, people forget that daily activities can be beneficial types of physical activity. Common types of physical activity that we experience in everyday life include:

Leisure-time activity

Physical activity done outside of work or school time; such as active recreation, active play, deliberate exercise, fitness training, strength training, dance, individual and team sport for leisure or competition.

Incidental activity

Physical activity carried out as part of housework or gardening activity such as vacuuming, moving furniture, raking leaves, climbing stairs, or shoveling snow.

Occupational or school-based activity

Physical exercise during the course of an individual’s occupation or while at school. Examples are physical education classes, team sports, physical work such as lifting objects, walking about or climbing stairs.

Active transportation activity

Human powered physical activity as a means of travel from one place to another such as walking, cycling, in-line skating, or skateboarding.

Why Do We Need To Be Physically Active?

Knowing the benefits of physical activity, why are Nova Scotians becoming less active?

Our world is rapidly changing; when it comes to physical activity. Physical activity has become less and less of a priority in our communities. Often times our lives are dedicated to work, school, errands and family. These are all important aspects of life but what we don’t often realize is that there are ways of incorporating physical activity into each aspect of our life. Barriers that continuously came up in the research process were lack of time, cost, skill level, access to programming or facilities, motivation, weather, and transportation. These factors, as well as others, make it challenging for people to be physically active. This strategy was created with the purpose of limiting those barriers, bringing our community together, and working toward a common goal of creating a safe and enjoyable environment supportive of physical activity.

What does an active, healthy, person or community look like? It is no secret that physical activity helps contribute to a higher health rate, including the health of one's self, and the health of their community. There is evidence to support that physical activity reduces obesity, diabetes, anti-social behavior, social isolation and negative impacts on the environment. Not only does physical activity influence individual health but it also impacts our community and economy. A physically active community is one that positively impacts tourism, helps to attract businesses, enriches neighborhoods, encourages environmental protection and builds a sense of community and support in our neighborhood.

It is our job, as recreation professionals, to provide a supportive, inclusive environment in which we welcome all to be physically active in a safe and fun environment. Improved physical activity rates will not only reflect positively in individual health rates, but also in the overall health and happiness of our community.

How Much Physical Activity?

In 2011, the Canadian Society of Exercise Physiologists (CSEP) released updated evidence-based guidelines on recommended amounts physical activity for all age groups for health benefits. Although the following indicates levels of physical activity for health benefits, it is important to remember that any amount of physical activity is beneficial and will increase our overall well-being.

Children and Youth

For health benefits, children and youth aged 5 - 17 years should accumulate at least 60 minutes of moderate - to vigorous - intensity physical activity daily. This should include:

- Vigorous-intensity activities at least 3 days per week
- Activities that strengthen muscle and bone at least 3 days per week
- Increased physical activity provides greater health benefits

Adults

To achieve maximum health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate - to vigorous - intensity aerobic physical activity per week, in bouts of ten minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

More physical activity provides greater health benefits.

Older Adults

To achieve health benefits and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate - to vigorous - intensity aerobic physical activity per week, in bouts of ten minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

Definitions:

Moderate-Intensity Physical Activity: Requires a moderate amount of effort and noticeably accelerates the heart rate.

Examples: Active involvement in games and sports with children/walking domestic animals, Brisk Walking, Carrying/Moving moderate loads (<20kg), Dancing, Gardening, General building tasks (e.g. Roofing, thatching, painting), Housework and domestic chores, Traditional hunting and gathering

Vigorous-Intensity Physical Activity: Requires a large amount of effort and causes rapid breathing and a substantial increase of heart rate.

Examples: Aerobics, Carrying/moving heavy loads (>20kg), Competitive sports and games (e.g. Traditional games, Football, Volleyball, Hockey, Basketball), Fast cycling, Fast swimming, Heavy shoveling or digging ditches, Running, Walking/climbing briskly up a hill

WHERE ARE WE NOW?

Community Profile

Berwick is famously known for its pride in the apple industry. Known as “The Apple Capital of Nova Scotia”, the ever important Apple industry served as a major economic force in Berwick’s development in the early 1900’s. The population is growing and with a 6.80 square kilometer radius our community provides the ideal environment for an active transportation (AT) friendly community. As stated in the 2012 Municipal Planning Strategy, Berwick prides itself as a vibrant and dynamic Town with a strong sense of community, a history of stable and prosperous growth and a belief in and a strong commitment to its future.

Berwick is a Town of opportunity. With a state of the art, technologically advances Town Hall, its own electrical utility, striving businesses, highly rated school, a new state of the art recreation community complex and a Health Centre just to name a few, residents take pride in calling Berwick their home. The Town of Berwick is a resilient community located near the heart of the Annapolis Valley. Berwick continues its efforts to make the Town of Berwick a place where people want to work, live, and play.

Demographics

The 2016 Statistics Canada report for the Town of Berwick revealed that once again, the population of the Town of Berwick has grown.

Current Population: 2,509

Age Characteristics:

0-19 years - 19% of population

20-54 years - 39% of population

55+ years - 42% of population

Local Physical Activity Statistics

Children & Youth Physical Activity Statistics	
Nova Scotia	Town of Berwick
<u>Grade 3</u> 80% of girls 82% of boys	<u>Primary-2</u> 72%
<u>Grade 7</u> 13% of girls 28% of boys	<u>Grade 3-5</u> 43%
<u>Grade 11</u> 1% of girls 5% of boys	<u>Grade 8</u> 60% of girls 92% of boys

Provincial statistics concerning the number of **children and youth** who are meeting the standard recommended 60 minutes of daily physical activity for five days of the week are alarming. According to the provincial Keeping Pace study not only are girls' percentages lower than boys in each age category, but there is an extreme drop in participation of youth as they approach their teenage years.

Two methods of research were used to gather information in our community relative to children and youth; a self-reported survey of students from our After School Program (grades P-5) and a survey of grade 8 students at Berwick & District School. As seen in the graph, there are a high number of boys and girls active in our community. It is worth noting that there are a lower percentage of females participating in standard recommended amount than males in Grade 8.

Research for **persons ages 18 and over** in our community was more extensive. A telephone survey, the Citizen Survey, collected data from 100 Berwick residents. The highlights stated that 33% of citizens self-reported engaging in moderate physical activity 30 minutes or more at least five days per week, therefore achieving the recommended 150 minutes of moderate - to vigorous - intensity aerobic physical activity per week.

Additional key findings and recommendations from the Citizen Survey were as follows:

- The main activity of interest to the adult population was walking and was also at the top of the wish list for future activity. Distant second and third to walking were skating and bicycling respectively.
- Nearly two thirds of respondents indicated they would like to walk more often and would do so if they could access walking trails, walking spaces and well maintained sidewalks.
- The highest rated barriers to being physically active were: not having anyone to go with, a lack of programs of interest, and the condition of sidewalks and bike lanes.
- Opportunities to encourage greater participation in physical activity included drop-in recreational and sport activities as well as female specific opportunities.

WHERE DO WE WANT TO BE?

Methods of Data Collection

Over the last two years extensive time and effort has gone into researching the level of physical activity in our community. The following is a list of the methods of research used to compile information for this strategy.

Focus Groups & Surveys:

- *Berwick After School Program (Grades P-6, 2015)*
- *Evangeline Club (2015)*
- *Berwick & District School (Grade 8 Class Rooms, 2016)*
- *Citizen Survey (100 Phone surveys, 18+, 2014)*
- *Online Survey (2015, 248 Responses)*

Related Town Strategies & Documents:

- *Integrated Community Sustainability Plan (ICSP)*
- *Municipal Planning Strategy (MPS)*
- *Trails Strategy (2004)*
- *Town of Berwick Public Open Space Strategy Initiative (2006)*
- *Town of Berwick Recreation Services Strategic Direction Report (2012)*

Noted Provincial Strategies & Documents

- *Shared Strategy for Advancing Recreation in Nova Scotia (2015)*
- *Position statement on active outdoor play (2015)*
- *The ParticipACTION Report Card on Physical Activity for Children and Youth (2015)*

The research represents data gathered from the Province of Nova Scotia as well as the Town of Berwick and ranges in age, gender and ability. For this reason, we feel our goals and actions are relative to the community we serve. After combining all sources of data, six main issues consistently presented themselves. The following goals were determined based on the information gathered in the research process and are aimed at tackling the inactivity crisis in our community:

1. *Create a walking culture in the Town of Berwick that supports safe, enjoyable, walking routes to be used for recreational purposes as well as for means of active transportation.*
2. *Promote and encourage outdoor and adventurous play for all ages.*
3. *Increase opportunities for underserved populations to be physically active with special attention to seniors, youth, females and low income families.*
4. *Build capacity/leadership and increase policies surrounding physical activity.*
5. *Create an effective form of communication to raise awareness of physical activity opportunities in the community.*
6. *Increase the built environment while also focusing on the park plan, open space, and trails strategies.*

Additional Focus

The Department of Communities Culture and Heritage has identified three provincial priorities that need to be incorporated into the physical activity strategy in addition to the local issues. The priorities are based on provincial reports and studies. The three priorities are:

- 1) Increase walking and biking in daily life*
- 2) Focus on youth between the ages of 12-18*
- 3) Females across their lifespan*

Vision (adapted from the 2012 Berwick Recreation Future Directions Report)

The Town of Berwick is known as a healthy, active place to live, work and play. The Town council strongly supports a proactive recreation department and expects the department and its staff to communicate with citizens and other community recreation service providers on a regular basis.

Department staff is visible to the community and regarded as a problem solving resource on recreation matters by community groups, the private sector, and other levels of government.

The recreation department is known for having an updated, progressive plan for recreation and in its annual report to Council; progress on implementation of the plan is expected and provided.

The recreation department continually monitors citizen needs for new types of programs and services. This information is collected regularly and is shared with all groups in the Town and the surrounding areas. New programs are often delivered by community groups with town support or directly by the Town if there is no group ready to take responsibility.

***All** citizens benefit from a variety of program opportunities which are organized by a wide variety of community organizations.*

How Do We Get There?

It is important to remember that it is difficult for one organization to increase physical activity on its own; it will be a collaborative effort requiring partnerships from many sectors.

It is also important to note that not only do we need everyone to work together, but we have to approach the inactivity crisis on different levels. The provincial Active Kids Healthy Kids Strategy focuses on shaping behavior around the Ecological Model. This approach focuses on targeting four areas of influence to effectively impact a population. By focusing on only one area we limit the impact we will have. The most effective approach to improving physical activity levels in our community is to reach our community through a combination of the following four levels; individual, social environment, physical environment and policy. If we work together toward a common goal, and target all four areas of influence, we will achieve great things.

The following chart breaks down the four levels of influence relative to the Physical Activity field

<p><i>Individual</i></p> <p><i>Interventions directly influence the individual and would include skills sessions in sports or recreational activities, using pedometers as a motivational tool for a child, setting screen time guidelines for children</i></p>	<p><i>Social Environment</i></p> <p><i>Interventions include influences from relationships and are shown in instances where people show support or reach out to others such as a person volunteering to walk children to school or a teacher assigning physical education homework.</i></p>
<p><i>Physical Environment</i></p> <p><i>Interventions focus on the built environment and include availability of and access to recreational facilities, and community design.</i></p>	<p><i>Policy</i></p> <p><i>Interventions often have a permanent effect, influencing things such as planning, training practices for staff, funding assistance options and transportation policies.</i></p>

Action Plan

The following is a breakdown of actions created to accomplishing our six goals. As indicated earlier, the physical inactivity crisis will not be solved by one group. It is going to take a community effort for a difference to be made.

INDIVIDUAL

The center point of the social – ecological model is the individual. There are many personal factors that can influence ones ability or drive to participate in physical activity including age, gender, education level, socioeconomic statues, employment status, knowledge/attitudes/behaviors etc.

The actions below are designed for the induvial and include ideas around educating the public, developing mentoring programs and communication strategies.

Actions	Leads & Partnerships	Start Date
<i>Develop a communication plan for effective marketing of physical activity opportunities in Berwick (i.e. posters, newspapers, websites, newsletter, social media)</i>	<i>Berwick Recreation, Acadia Management (Web Host), Local Radio (AVR, Magic), Local newspaper's & newsletters</i>	<i>2017</i>
<i>Continue with bi-weekly poster delivery to 25 key locations around the Town of Berwick and continue to offer the service to local businesses/organizations.</i>	<i>Berwick Recreation, Local Businesses/Groups/Organizations</i>	<i>Ongoing</i>
<i>Increase knowledge around Physical Literacy and incorporate into our children/youth programs</i>	<i>Town of Berwick, Community Sport Development Coordinator, DCCH</i>	<i>2017/Ongoing</i>
<i>Continue to offer/build on our equipment loan program including pedometers, snow shoes, helmets</i>	<i>Berwick Recreation, Heart & Stroke Walkability, County of Kings</i>	<i>Ongoing</i>
<i>Create Map of trails and pathways around the Town of Berwick to encourage Active Transportation and safe walking routes</i>	<i>Berwick Recreation, Public Works, Ecology Action Centre</i>	<i>2018</i>
<i>Ensure programs leaders have necessary certifications and required checks</i>	<i>Town of Berwick</i>	<i>Ongoing</i>
<i>Build on existing/create new opportunities for leadership and programming that promotes active lifestyles (Training in High Five, First Aid, Outdoor survival, and specialized fitness training etc.)</i>	<i>Department of Communities Culture & Heritage, Town of Berwick</i>	<i>Ongoing</i>
<i>Create a list of yearly grant opportunities and share information to local groups/organizations</i>	<i>Berwick Recreation</i>	<i>Ongoing</i>
<i>Develop a junior counsellor program for the day camp</i>	<i>Berwick Recreation, Berwick & District School</i>	<i>2018</i>
<i>Educate our community on the benefits of Adventurous Outdoor Play by setting an example and sharing knowledge with local agencies and organizations</i>	<i>Local Schools, Daycares, Berwick Recreation, Public Works, Young Naturalists Club, WKMHS</i>	<i>Ongoing</i>

<i>Continue to build on the number of local volunteers and encourage those who volunteer to mentor others</i>	<i>Town of Berwick,</i>	<i>2018/Ongoing</i>
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SUPPORTIVE SOCIAL ENVIRONMENTS

Unlike the individual level, the social environment is comprised of interactions the individual has within their culture and society. Your social environment can be influenced by individuals within the community such as a peers, schools, workplaces, organizations, family, and health practitioners. Your social environment can also be influenced by not only people, but by the culture of your community such as the norms within your neighborhood.

Actions in this section are aimed at changing the social community to promote community education, peer programs and social marketing campaigns.

Actions	Leads & Partnerships	Start Date
<i>Continue with walking school bus and create a sustainable yearly program with alternative routes.</i>	<i>Berwick & District School, Local Volunteers, School Plus, Berwick Recreation</i>	<i>Ongoing/2018</i>
<i>Support fitness classes in the community by continuing to offer low cost programs for Seniors, Young Families & Females</i>	<i>Local facilitators/program leaders, After the Bell Funding, DCCH, Facility Access Funding, Senior Safety, Family Resource Centre</i>	<i>Ongoing</i>
<i>Develop an Active Living marketing strategy including poster templates, "B" active logo and consistent messaging, coloring etc.</i>	<i>Berwick Recreation</i>	<i>2017</i>
<i>Create a Youth Advisory group to meet throughout the year to brainstorm ideas and design programs/events to bridge the gap between Youth and Physical Activity in our community.</i>	<i>Berwick Recreation, Berwick & District School, West Kings District High School, Schools Plus</i>	<i>2017</i>
<i>Work with the Valley Jr. A Wildcats on community engagement and look into initiatives such as buddy programs, snow angels, youth mentoring etc.</i>	<i>Valley Jr. A Wildcats, Berwick Recreation, Minor Hockey</i>	<i>2018</i>
<i>Continue to offer physical activity opportunities targeted at babies and young families i.e. Fitness classes, Moms, Pops &Tots, tumblebugs</i>	<i>Berwick Recreation</i>	<i>Ongoing</i>
<i>Continue to connect with underserved populations in the area to offer specialized and inclusive options for physical activity and link them to opportunities to be active</i>	<i>Evangeline Club, Open Arms, Group Homes, Grand View Manor, Schools Plus, Family Resource Centre</i>	<i>Ongoing</i>
<i>Continue to support female physical activity opportunities to youth in the community such as girls Multisport and After the Bell</i>	<i>After the Bell Grant, Berwick School, Community Sport Development Coordinator</i>	<i>Ongoing</i>
<i>Create a Trail group</i>	<i>Berwick Recreation, Annapolis Valley Trails Association, Annapolis Valley Ridge Runners, Public Works</i>	<i>2017</i>

<i>Ensure inclusion of physical activity components in Town Wide Events such as Winter Carnival, Easter, Halloween etc. and support the Gala Days physical activity opportunities</i>	<i>Berwick Recreation, Gala Days Committee</i>	<i>Ongoing</i>
<i>Support Provincial initiatives and engage community in events such as take me outside, winter walk to school, Jersey Day, Sports Day in Canada etc.</i>	<i>DCCH, Town of Berwick, Berwick & District School, Local Businesses</i>	<i>Ongoing</i>
<i>Continue positive working relationship and build leadership through Community Gardens group</i>	<i>Berwick Community Gardens Group, Public Works, Berwick Recreation</i>	<i>Ongoing</i>

BUILT & NATURAL ENVIRONMENTS

The physical environment level of the social – ecological model represents elements in our environment which are built or are man-made. When we hear the term built environment items that naturally come to mind are spaces such as parks, playgrounds and arenas however the built environment also covers issues such as weather, public transportation and community design.

This level is essential to our goal of increasing physical activity and more often than not has to be placed on a higher priority than the others. The reason being, the built environment is the level that supports the others. If we do not have safe and welcoming bike routes, launching a marketing campaign to increase active transportation will not be successful.

The following actions are aimed at increasing, and managing, the built environment in the Town of Berwick.

Actions	Leads & Partnerships	Start Date
<i>Continue to work on the development of Spicer Park as identified in the Berwick Multi-Generational Park Plan including (i.e. Trails, Natural Playground)</i>	<i>Wellness Initiative Fund Grant, Public Works, Community Gardens Group, Berwick Recreation</i>	<i>Ongoing</i>
<i>Explore the feasibility and design of a Ring Trail for the Town of Berwick by creating a link of community assets i.e. school, KMCC, Town Hall, Business District etc.</i>	<i>Ecology Action Centre, Public Works, Berwick Recreation, Land Owners, Local Businesses</i>	<i>2018</i>
<i>Continue with phase development of the Berwick Multi-Generational Park Plan</i>	<i>Town of Berwick, Department of Communities Culture & Heritage</i>	<i>Ongoing</i>
<i>Complete construction of the Splash Pad in Rainforth Park</i>	<i>Town of Berwick, Public Works</i>	<i>2017</i>
<i>Develop a Bike Park using the gravel pit donated by local landowner</i>	<i>Berwick Recreation,</i>	<i>2017/2018</i>
<i>Continue to foster a positive relationship with the Kings Mutual Century Centre and increase opportunities for accessible physical activity opportunities in the building</i>	<i>Berwick & District Community Association, Manager Kings Mutual Century Centre, DCCH Facility Access</i>	<i>Ongoing</i>
<i>Support the expansion of Phase II of the Kings Mutual Century Centre including the operations and management of the Fitness Centre</i>	<i>Berwick & District Community Association, Town of Berwick, Fitness Committee</i>	<i>Ongoing</i>

<i>Increase greenspace and opportunities for spontaneous outdoor free play by the creation of play spaces throughout the community</i>	<i>Berwick Recreation</i>	<i>Ongoing</i>
<i>Create an AT friendly community by providing supportive elements for safety including benches, bike repair stations etc.</i>	<i>Berwick Library Branch, Berwick Recreation, Public Works</i>	<i>2017/2018</i>
<i>Ensure sidewalks are safe during all seasons for walking with priority to main sidewalks.</i>	<i>Public Works</i>	<i>Ongoing</i>
<i>Explore need and feasibility of linking the current bike lane to the Berwick & District School/Kings Mutual Century Centre</i>	<i>Public Works, Town of Berwick, Ecology Action Centre, Berwick & District School</i>	<i>2018</i>
<i>Continue to invest time and funds into facility Access</i>	<i>Department of Communities Culture and Heritage, KMCC, Kings County Recreation, Schools Plus, Family and Children Services</i>	<i>Ongoing</i>
<i>Support the Town plan of the Northern Gateway project and advocate for active transportation options to the hub of Town</i>	<i>Town of Berwick</i>	<i>2018</i>

POLICY & PLANNING

This level refers to policies, regulations or legislation that has the potential to effect physical activity. This can also include policies located in schools, community groups and workplaces and is not limited to municipal councils. Issues for this would include active transportation policies, workplace or funding policies and incentive programs.

The following actions can be aimed at targeting the policy level of the socio – ecological model.

<i>Actions</i>	<i>Leads & Partnerships</i>	<i>Start Date</i>
<i>Share Healthy Food Environment Policy with local facilities and encourage groups to follow</i>	<i>Public Health, Berwick Community Health Board, WKMHS, Town of Berwick</i>	<i>Ongoing</i>
<i>Develop a funding model to support inclusive opportunities to physical activity in the community i.e. Pay what you can, payment plans, applications for waiving payment, bring a buddy option</i>	<i>Town of Berwick, Berwick Town Council</i>	<i>2017/2018</i>
<i>Review/Update the Open Space Strategy</i>	<i>Berwick Recreation, Recreation Advisory Committee</i>	<i>2018</i>
<i>Review/Update the Trails Strategy</i>	<i>Berwick Recreation, Recreation Advisory Committee, Berwick Trail Group</i>	<i>2017</i>
<i>Develop an evaluation/feedback tool for recreation programs and recreation staff</i>	<i>Berwick Recreation</i>	<i>2018</i>

Monitoring

The priority of the Active Living Coordinator will be to align their work with the goals of this strategy. Evaluation reports are required on a yearly basis for the Department of Communities,, Culture, and Heritage. Upon completion of this report, the Active Living Coordinator will also be responsible for reporting to their supervisor, and the Town, to describe the progress of the strategy.

The strategy is meant to be a working document and new actions will be added as the Town of Berwick, and the physical activity field, evolve.

APPENDIX 1:

Community Recreation and Sports Groups Contacts:

Group	Contact Name	Contact Information
After School Program	Carol Boylan-Hartling	(902) 538-8616 cboylan@berwick.ca
Annapolis Valley Regional Library-Berwick Branch	Barbra Lipp	(902) 538-4030
Berwick Minor Baseball	Karen Maholtz	(902) 670-6485 Karens_m@hotmail.com
Berwick Baptist Church		(902) 538-3729 remarilyn@hotmail.com
Berwick Community Gardens	Monica Franey	
Berwick & District Lions Club	Linda Dorey	(902) 538-3663 lindadorey2@hotmail.com
Berwick & District Minor Hockey Association	Sean Edwards	president@berwickminorhockey.com
Berwick & District Ringette Association	Ron Connell	ron.connell@ns.sympatico.ca (902) 670-3175
Berwick & District Volunteer Fire Department	Dianne Ashton	(902) 538-3661 secretary@berwickfire.com
Berwick Boxing Club	Joe Graves	(902) 542-0963
Berwick Curling Club		(902) 538-9149 info@berwickcurlingclub.com
Berwick Summer Day Camp	Carol Boylan-Hartling	(902) 538-8616 cboylan@berwick.ca
Berwick Tennis Club	Aaron Cumberland	(902) 300-2194 aarontennispro@gmail.com
Berwick United Church		(902) 538-9251
Centennial Park	Carol Boylan-Hartling	(902) 538-8616 cboylan@berwick.ca
Evangeline Club	Candy O'Brien	(902) 538-9349 eclub@ns.sympatico.ca
Fitness Circuit	Susan Beattie	(902) 670-7744 susanthefitnessroom@gmail.com
Flex and Flow Fitness Class	Ann Corbin	(902) 538-8378 (902) 538-4019
Free Chair Yoga	Kelsey Best	(902) 670-7448
Girl Guides		harvest.trail@girlguides.ns.ca
Go Girls	Katie Verrette	(902) 538-4019 kverrette@berwick.ca

<i>Indoor Walking Track</i>	<i>Bob Best</i>	<i>(902) 679-2031 info@kmccbberwick.ca</i>
<i>Kings Minor Basketball</i>		<i>(902) 690-5838 kmbagators@gmail.com</i>
<i>Kings Mutual Century Centre-Apple Dome</i>	<i>Bob Best</i>	<i>info@kmccbberwick.ca</i>
<i>Mooncoast Yoga</i>	<i>Cassie Doucette</i>	<i>(902) 300-9389 mooncoast@gmail.ca</i>
<i>Peter Connell Memorial Park</i>	<i>Carol Boylan-Hartling</i>	<i>(902) 538-8616 cboylan@berwick.ca</i>
<i>Playtime for Parents and Tots</i>	<i>Katie Verrette</i>	<i>(902) 538-4019 kverrette@berwick.ca</i>
<i>Rainforth Park</i>	<i>Carol Boylan-Hartling</i>	<i>(902) 538-8616 cboylan@berwick.ca</i>
<i>Rotary Club</i>	<i>Geoff Double</i>	<i>secretary@roasteryberwick.org</i>
<i>Royal Canadian Legion</i>		<i>(902) 538-9340</i>
<i>Scouts Canada (2nd)</i>	<i>Liz Chenier</i>	<i>groupcommissioner@2ndberwickscouting.ca</i>
<i>Somerset and District Soccer</i>	<i>Donnie</i>	<i>(902) 804-0708 somersetsoccer@hotmail.com</i>
<i>Spicer Park</i>	<i>Carol Boylan-Hartling</i>	<i>(902) 538-8616 cboylan@berwick.ca</i>
<i>Tak Kwon Do</i>	<i>Greg Durling</i>	<i>(902) 825-3489</i>
<i>Visitor Information Centre and Museum</i>		<i>(902) 538-9229 berwickvic@hotmail.com</i>
<i>Volleyball/Badminton Court</i>	<i>Carol Boylan-Hartling</i>	<i>(902) 538-8616 cboylan@berwick.ca</i>
<i>Walk & Roll</i>	<i>Wendy Lee-Hamilton</i>	<i>(902) 542-0939</i>
<i>Waterville Pool</i>	<i>Ashley Brooker</i>	<i>(902) 690-6124</i>
<i>Wildcats Hockey</i>		<i>(902) 670-4270</i>
<i>Wild Roots Nature Education Centre</i>	<i>Marina Myra</i>	<i>marina_myra@hotmail.com</i>

Appendix 2:

Recreation Facilities/Spaces (Within Town of Berwick Limits)

The Town of Berwick has many resources for the community to be physically active. Using any of the available facilities or spaces will contribute significantly to the activity levels of residents; with hopes at improving and adding to our resources yearly.

Site	Facilities
Centennial Park	Gazebo, Riding Ring, Green Space
Berwick Curling Club	3 Ice Surfaces
Berwick & District School	Playground, Green Gym Equipment and Gardens
Berwick Town Hall	Soccer Field & Outdoor (sand) Volleyball Court, Gymnasium
Kings Mutual Century Centre	Arena, Berwick & District Lions Hall, Walking Track & Open Hallway Space
Peter Connell Memorial Park	Ball Park
Rainforth Park	Playground, Green Space, Ball Fields, Tennis Courts
Apple Capital Heritage Trail	Cleared Multi-Use Path
Sidewalks	Throughout the town
Spicer Park	Playground, Walking Trail & Open Space

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Canadian Society of Exercise Physiologists

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Town of Berwick

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Nova Insights Community Phone Survey

Power Point

http://www.who.int/dietphysicalactivity/physical_activity_intensity/en/

Active Canada

<http://www.activecanada2020.ca/sections-of-ac-20-20/appendix-a/appendix-b/appendix-c-1/appendix-d>

Stats Canada

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This Physical Activity Strategy is brought to you in partnership with the Department of Health and Wellness, and Town of Berwick.

