

Live it everyday!

June is Recreation Month



June is Recreation Month 2011 — Community Tool Kit

Celebrate June is Recreation Month.

Whatever recreation means to you ... whether it's building a sandcastle, hiking or tossing a frisbee ... make it mean something. Do stuff. Have fun.

Live it every day!

June is Recreation Month activities will be taking place in communities across Nova Scotia. For a listing of events and/or to post your event,

visit www.recreationns.ns.ca



HEALTHIER FUTURES *through* RECREATION



INNOVATIVE IDEAS

FROM LANDSCAPE STRUCTURES

Play Naturally
Getting kids outside



Inclusive Play

Integrating sensory play on the playground



ABC Recreation Ltd.

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June is Recreation Month

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June is Recreation Month 2011

Celebrating **June is Recreation Month** is an exciting way to increase awareness in communities and celebrate our success in significantly contributing to the quality of life in Nova Scotia. Recreation Nova Scotia hopes you will take up our invitation to celebrate **June is Recreation Month** and **LIVE IT EVERYDAY!**

The Theme

The **June is Recreation Month** theme is **LIVE IT EVERYDAY!** Regardless of ability or age, Nova Scotians are enjoying recreation in an increasing number of ways and this year's theme recognizes that recreation activities do not have one definition. "Activities of all kinds, not just physical, is acknowledged and celebrated. Whether it is lawn bowling, running marathons, photography, taking a walk in a park, reading a book, learning a new instrument, playing soccer, or star gazing... recreation is about celebrating life.

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June is Recreation Month

Become a Supporter

A Supporter is a community, school, organization or business that agrees to observe and celebrate **June is Recreation Month** in 2011 by coordinating a walk or campaign activity. **June is Recreation Month** is not necessarily about creating new events and programming in our communities and schools but about helping promote and sustain existing ones. Supporters will be recognized on the **June is Recreation Month** website.

Supporters are provided with **June is Recreation Month** promotional materials to use and distribute including 10 JRM frisbees, 10 JRM posters, and 100 bookmarks.

We hope you will take up our invitation to be a SUPPORTER and celebrate **June is Recreation Month – LIVE IT EVERYDAY!** Your involvement in this year's campaign is vital.

WOW is back!

WOW - We often Walk (or Wheel) motivates children and youth to walk and wheel more often. Challenge your group or school to walk regularly during the month of June. Do it in three easy steps: 1) groups or schools designate a weekly walking or wheeling day, 2) participants keep track of the number of times they walk on their WOW cards and 3) once cards are filled, participants receive rewards or recognition. Register at <http://saferoutesns.ca/index.php/special/wow/> to receive your free WOW Kit, which includes posters, WOW cards and a How-to Guide. WOW is an initiative of Active & Safe Routes to School of the Ecology Action Centre (www.saferoutesns.ca)



Meet the Ambassadors

The **June is Recreation Month** Ambassadors are a team of recreation professionals volunteering in their region to assist community groups and municipalities with their **June is Recreation Month** plans and initiatives. If you need assistance, or are looking for resources and ideas, contact your Ambassador!

Tracy Burns-Gagnon (burnstr@halifax.ca) ~ Central Region

Shirlyn Aker (shirlyn.aker@strait.ednet.ns.ca) ~ Highland Region

Jody Conrad - South Shore (jconrad@chester.ca) ~ South Shore Region

Misty Doucette (misty@district.yarmouth.ns.ca) ~ South Shore Region

Brian Orde (activeliving@annapoliscounty.ns.ca) ~ Valley Region

Janet Barlow (asrts@ecologyaction.ca) ~ WOW (We Often Walk or Wheel) program

Wayne McKay (wayne.mckay@gov.ns.ca)¹ ~ Cape Breton Region

Nicole Larade (nlarade@townofspringhill.ns.ca) ~ Fundy Region

Matt Pryde (matthew.pryde@gc-sc.gc.ca) ~ First Nations Ambassador

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June is Recreation Month

The Campaign

June is Recreation Month 2011 campaign is available online at www.recreationns.ns.ca. The many components of the campaign include:

- The Supporters program
- The Ambassadors
- The Kids Zone including the Creative Expressions Contest and activity sheets
- Media resources including radio and print ads
- Downloadable resources including screen savers, certificates, bookmarks and posters
- Give aways and merchandise
- The **June is Recreation Month** calendar
- Games and Activity Tool Kit



Piggyback on RNS Initiatives

Post Your Event on June Is Recreation Month Calendar

To help you and your organization/community promote your June Celebrations, whether they are new special events or highlighting an existing tradition, RNS can provide you with free publicity! RNS will highlight your event on the website, at no cost to you.

You can post your event directly on line at www.recreationns.ns.ca

The more activities and communities represented the better; no event is too small or too large. Your event must be open to the public. Please provide as much detail as possible for potential participants!

Creative Expression Contests

When we use the term 'recreation' we use it in the broadest sense of the word. The arts and culture community is recognized as an important facet of recreation. Youth are invited to submit drawings, sketches, scenes and stories that reflect their recreation experiences. This is an excellent opportunity for partnering with your local school boards and libraries to help us celebrate. For details visit our Web site: www.recreationns.ns.ca/June



The winner of the Creative Expressions Contest will receive a \$150 gift certificate, generously donated by Canadian Tire.



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June is Recreation Month

Photo Contest

This is the 5th annual RNS photo contest, which takes place over the summer, starting in June. Deadline for submissions is September 21, 2011.

The purpose of this contest is to give you the opportunity to share your experiences, memories and recreation moments. RNS will also benefit by developing a wonderful resource of pictures of how Nova Scotians experience and celebrate recreation. Members will be able to access these photos through the RNS website.

There are six categories:

- Parks and the Great Outdoors
- Facilities
- Active Transportation in Nova Scotia
- Culture and Creative Expressions
- June 2011 Celebrations
- Play Together – Stay Together

A photo release must accompany each photo. For more information on the Photo Contest, visit our website: www.recreationns.ns.ca/june.



Media Resources



Sample Print Ad

RNS produced two radio PSA's, two newspaper inserts and one feature article that are designed to increase awareness and understanding of the role recreation plays in the health and wellness of our communities and quality of life of our citizens. These, as well as logos, are available on our Web site.

Contact your local media to inquire about opportunities that share the same messages, but with a local flair! Contact the RNS office at (902) 425-1128 for information on this initiative or visit the Web site: www.recreationns.ns.ca.

Downloadable Resources

June is Recreation Month Certificates, bookmarks, posters, and screen savers are all available at www.recreationns.ns.ca/june . If you require additional posters or bookmarks you can order directly from Recreation Nova Scotia by emailing info@recreationns.ns.ca or by phoning (902) 425-1128. These resources are all free, while supplies last.

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June is Recreation Month

The Kids Zone

Kids Activity Sheets

Visit our Web site: www.recreationns.ns.ca to print a colouring sheet and/or activity sheet for young children. An ideal classroom activity or handout to children at your "June is Recreation Month" event.

****New**** Eggs-ellent Adventures of Sunny, Yolkel & Friends.



Merchandise

The following **June is Recreation Month** resources are available from Recreation Nova Scotia:

Beach Balls (16" diameter)	\$3.50 each
Flashlight Compass Carbiners	\$3.25 each
Flyers (9" diameter)	\$1.40 each

Activity Tool Kit

This on line tool kit provides over 230 activities and games, all aimed at incorporating active living into the classroom, playroom, recreation center, park, and back yard.

Examples of games include: Bucket Ball, Frisbee Tag, Soccer Tag, Team Stride Ball, Spud.

The Activity Tool Kit has been designed by Alberta Parks and Recreation Association for **June is Recreation Month**.

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June is Recreation Month

Getting Involved! What can you do?...



Elected Officials

As an elected official or municipal committee member, your involvement and support in celebrating **June is Recreation Month** is vital! As an elected official, your role in ensuring recreation programs, services and opportunities that contribute to the health, wellness and overall quality of life in our communities remains a priority is important.

For the month of June renew your commitment to be a strong voice advocating the benefits that recreation provides to our communities. RNS and your recreation staff can provide you with relevant facts, research and examples of how recreation contributes to personal, social, environmental and economic well-being in our families, communities and province.

The following are some activities/strategies, with which elected officials could become involved:

- Officially proclaim or invite your community to celebrate **June is Recreation Month**. (A sample proclamation is on the Web site.)
- Formally recognize the efforts of your municipal department staff and volunteers.
- Become a member of Recreation Nova Scotia, and plan to attend the Annual Conference.
- Lead a Community Mayor's Walk.
- Encourage/support municipal-wide events that would provide local recreational, environmental, sports, arts and culture, agencies, groups and businesses an opportunity to share and promote their programs and services to the community.
- Nominate one of your staff or volunteers, local groups or initiatives for an award and recognition from Recreation Nova Scotia.

Connect to Local Recreation at www.recreationns.ca

Recreation Nova Scotia's website provides you with a direct link to Municipal Recreation programs and services offered in your community. As not all recreation, physical activity, sport, cultural, facility and volunteer opportunities are available on line, you may need to contact your recreation department directly.



www.recreationns.ca

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June is Recreation Month

Community Groups, Recreation Departments, Schools, Businesses and Volunteers

Need a great idea to get going? Here's a brief list of activities and events to spark your imagination. Many of these ideas represent activities from past ambassadors of **June is Recreation Month**.



Promote and Show Off!

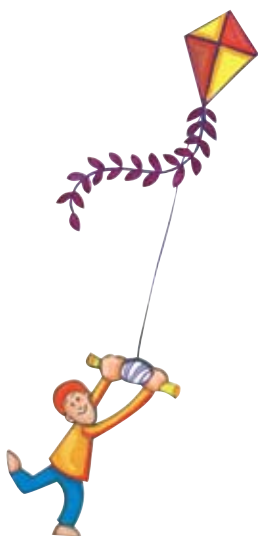
- Insert a Calendar of June Events in your community's Leisure Guide.
- Design posters for your community that promote the Live it Everyday! theme.
- Organize open houses and demonstrations of your programs (e.g. skateboard or BMX demos). Consider lunch-hour demos at a central location – include activities from judo to dancing to chess.
- Present a seniors' showcase and exercise session.

Focus on Walking

- Walk on a trail, fitness route, with a group, or to get to work/school.
- Organize a "poker walk" (where participants search for and locate the best poker hand).
- Challenge members of a recreation/fitness centre to complete 60 km of walking in June (include all cardio machines and put a handicap on mileage done on the cardio bike machine) or a pedometer challenge.
- Organize a Nordic walking workshop or event.
- Go Hiking – tie in with Trails Day.
- Organize with children and youth a weekly walk day through WOW – We Often Walk (or Wheel) at <http://saferoutesns.ca/index.php/special/wow/>.



Plan Special Events



- Have fun with tournaments...
 - road hockey
 - mini-game day
 - 3 on 3 basketball
 - beach volleyball
 - slo-pitch
 - fishing
- Kick-off June with a Mayor's Walk and Barbecue.
- Hold a media challenge, such as a soccer game between senior municipal staff and the media. Time it for lunchtime and have a barbecue afterwards.
- Get canoes and kayaks ready for summer at a "water fun day".
- Organize a park party for employees and their families, with free games and refreshments.
- Get pretty with a blossom festival.
- Have a health fair in conjunction with your local health unit to show the benefits of recreation and physical activity. Make it interactive; check heart rates before and after exercise.
- Keep kids rockin' with an 'almost summer' pre-teen dance.
- Invite families to a beach volleyball and picnic day.
- Offer a fun mini-triathlon.

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June is Recreation Month

Be Inclusive

- Involve citizens who may be in an institution or facing challenges in your activities and events.
- It is important to gear the activity to meet the ability of the individual and encourage full participation.
- If you can, adapt the activity so that those with disabilities can actively participate and, more importantly, want to participate.
- Try to use accessible locations whenever possible.

Celebrate Diversity

- Create an historical display, highlighting interesting history of your area. Enlist the aid of the local historical society.
- Have a cultural arts fair to demonstrate the type of programs our offer. Include visual, performing and creative arts. Involve ethnic groups that offer music, dance, food and art.

and a few more good ideas...

- Challenge another business, group or community to be active.
- Have a "Get Active" campaign: log total hours of activity in Adult, Senior, Youth and Family categories.
- Present an "Adopt-a-Park in June" campaign.
- Celebrate Fathers' Day with special activities for fathers and children.
- Use June as an opportunity to discuss issues facing the recreation and parks services in your area. Make presentations, arrange for TV and radio talk shows and speaking engagements. Discuss topics such as accessibility, infrastructure or physical activity and health trends.

June is Recreation Month

Canada's home, car and business insurers are proud to be supporters.

BE SMART, BE SAFE in all your recreational activities! Visit ibc.ca.



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Fuel Your Body with Proper Nutrition for Recreational Activity

The information in this article was developed by the Registered Dietitians at Egg Farmers of Canada. Nutrition is an important part of exercise. What you eat and drink will affect how well you perform. Follow these simple steps to ensure that your body is properly fuelled for your favourite activity.



Before you exercise

1-4 hours before you exercise, be sure to drink plenty of fluids and eat a balanced meal of carbohydrates such as grain products, vegetables or fruits, and a low-fat protein choice like eggs. The longer the time between the meal and exercise, the more you can eat.

During your exercise

Remember to drink water or a sport drink at least every 15-20 minutes.

After you exercise

Start with a shake, sports drink or water. Then, choose a meal or snack rich in carbohydrates and protein to help your muscles recover.

Healthy Snacks

Are you always reaching for that double espresso or chocolate bar in the middle of the afternoon to give yourself a boost of energy? You may actually be worsening the situation instead of fixing the problem. If you start to feel tired between meals, grab one of these quick and nutritious snacks to help you power through your day the healthy way.

Hard-cooked eggs – These can be made and stored in the refrigerator for up to one week in their shell. These are perfect for a quick snack on the go or at work.

Dried fruits and nuts (i.e., almonds, peanuts and walnuts) – In addition to being good sources of protein, nuts also help to reduce your risk of high cholesterol and heart disease when eaten in moderation.

Fresh fruit and yogurt, or vegetable sticks and dip – Choose a variety of colourful fruits and veggies to ensure you're getting a wide range of vitamins and minerals each day.

Water – Are you really hungry, or are you simply dehydrated? Before reaching for that snack, drink a glass of water. Dehydration can often be confused with hunger. To avoid dehydration, always keep a cold bottle of water handy.



June is Recreation Month

Canada's Food Guide

A balanced lifestyle includes eating from each of the four food groups. Canada's Food Guide recommends the following number of Food Guide Servings from the four food groups every day. Make each Food Guide serving count by choosing good quality, healthy foods.

	Children			Teens		Adults [*]			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Girls	Boys	Females	Males	Females	Males
Vegetables and Fruits	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

To learn more or to download your copy of Canada's Food Guide, visit the Health Canada website. Eating Well with Canada's Food guide (2007) www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html, Health Canada.

Canada's Food Guide includes a serving of two eggs as part of the Meat and Alternatives food group.

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June is Recreation Month

Recreation Happenings – Supporter Events, Festivals

Get out and enjoy some of the great events and festivals taking place this June. There's something for everyone! Below is just a sampling of what's happening in communities across Nova Scotia. You can also visit www.recreationns.ns.ca.

PARKS CANADA CENTENNIAL ~ YEAR-LONG, STARTING MAY 19, 2011

Events, celebrations taking place across Canada. Visit www.pc.gc.ca/eng/progs/celebrations/even/index.aspx

SCOTIA FESTIVAL OF MUSIC ~ MAY 30 - JUNE 12

Annual two-week chamber music festival. Various venues. Visit www.scotiafestival.ns.ca

75K CHALLENGE FOR CAPE BRETON HIGHLANDS NATIONAL PARK 75TH BIRTHDAY ~ MAY 14 - OCTOBER 15

Hike 75 km on Cape Breton Highlands National Park trails between May and October, 2011 for a special prize for people who love national parks. Visit www.pc.qc.ca/capebreton

SHELBURNE LONGBOAT SOCIETY ROW & RIDES ~ JUNE 1 - SEPTEMBER 3

From June to September, the Society holds FREE "Row & Ride" sessions in Shelburne Harbour.

Visit www.shelburnelongboats.com

WOODS HARBOUR DAYS ~ JUNE 6-12

Community Celebrations.

YARMOUTH 250 ~ YARMOUTH IS CELEBRATING ITS 250TH YEAR OF COMMUNITY – JUNE 9

Join in the festivities. The party continues on all through 2011. Visit www.yarmouth250.com/

ROOTS AND FOOD FESTIVAL ~ JUNE 10-11

Sydney, Cape Breton. Visit www.rootsandfood.ca

PORT WILLIAMS DAYS ~ JUNE 10-11

Celebration of the local heritage and culture with community supper, mock jail, children's parade and lots more!

Visit www.portwilliamsanddistrictlionsclub.com

HALIFAX BIKEFEST ~ JUNE 12

Workshops, clinics – something for everyone! 11:00 am - 3:00 pm on the Central Commons.

Visit www.MEC.ca/bikefest

JOHNNY MILES RUNNING EVENT WEEKEND ~ JUNE 18-19

One of Atlantic Canada's premier running events. Visit www.johnnymiles.ca

INTERNATIONAL GATHERING OF THE CLANS ~ JUNE 24 - JULY 24

Clan gatherings, highland games, art shows, highland dancing and more! Visit www.igc2011.ca

7TH ANNUAL ENGLISHTOWN MUSSEL FESTIVAL ~ JUNE 25

Great food and fun for the whole family. St. Ann's Bay, Victoria Co. Contact: leonbeth@ns.sympatico.ca

RBC MULTICULTURAL FESTIVAL ~ JUNE 30 - JULY 3

Halifax Seaport, Marginal Road. For more information, email admin@mans.ns.ca

PRIVATEER DAYS – LIVERPOOL WATERFRONT ~ JUNE 30 - JULY 3

Re-creating the privateering era with a re-enactment, a downtown festival, children's games and sports events, music, crafts, a parade, fireworks and much more. Visit www.privateerdays.com

(Post your June is Recreation Month event at www.recreationns.ns.ca/events)

www.recreationns.ns.ca

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June is Recreation Month

Organizations and Links

- International Trails Day – June 4
~ www.internationaltrailsday.com
- World Environment Day – June 5
~ <http://www.unep.org/wed/>
- Canadian Environment Week – May 30 - June 5
~ www.ec.gc.ca/
- Safe Kids Week (Got Wheels? Get a Helmet!)
– May 30 - June 5
~ <http://www.safekidscanada.ca/>
- Commuter Challenge Week – June 5-11
~ www.commuterchallenge.ca
- Clear Air Day – June 8
~ www.cleanairday.com
- National Aboriginal Day – June 21
~ www.ainc-inac.gc.ca/nad
- Go Skateboarding Day – June 21
~ www.goskateboardingday.org
- Canadian Multiculturalism Day – June 27
~ www.canadianheritage.gc.ca



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**Proud supporter of
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