

INFORMATION NOTE

Title: Active for Life

Date Prepared: **October 31, 2019**

Report To: His Worship the Mayor and Members of Council

Councillor and Role: Councillor Deanne Stapleton

Ward: N/A

Issue: Active for Life

Discussion – Background and Current Status:

Active for Life is a falls prevention fitness program that focuses on balance and flexibility movement with the goal to decrease falls in the older adult population.

The 12 week- 36 hour program for the Fall consists of a 50 minute fitness class followed by a 30 minute social time. Currently there are 20 participants registered for the Active for Life pilot program and with the help of the Government of NL and the Wellness Coalition; transportation and healthy snack options are provided. The session concludes for the Fall session on December 5th.

Key Considerations/Implications:

1. Budget/Financial Implications
 - Grants in place to offset cost for program
2. Partners or Other Stakeholders
 - Wellness Coalition- Eastern Health, NLH, Seniors NL, Government of NL
3. Alignment with Strategic Directions/Adopted Plans
 - A sustainable City- A City that is sustainable today and for future generations; economically, environmentally and financially
 - A City That Moves- A city that builds a balanced transportation network to get people and goods where they want to go safely
 - A Connected City- A city where people feel connected, have a sense of belonging, and are actively engaged in community life
 - An Effective City- A City that performs effectively and delivers results
4. Legal or Policy Implications
 - n/a
5. Privacy Implications
 - n/a

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6. Engagement and Communications Considerations

- n/a

7. Human Resource Implications

- n/a

8. Procurement Implications

- n/a

9. Information Technology Implications

- n/a

10. Other Implications

- n/a

Conclusion/Next Steps:

Active for Life is scheduled for 2020, depending on grant opportunities each season may vary on what can be offered i.e transportation, healthy snacks. Winter 2020- Tuesday's & Thursdays- Southlands Community Centre- 1 to 2:30 p.m. Dates: January 14th to April 2nd. At this time we're awaiting confirmation from Eastern Health on a \$1000 grant application to help provided healthy snacks for the Winter session.

Prepared by/Date:

Karen Sherriffs, Community Development Manager – Recreation Division, Department of Community Services- November 4th, 2019

Reviewed by/Date:

Approved by/Date: November 4th, 2019

Attachments: