

# INFORMATION NOTE

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**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

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**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 5<sup>th</sup>.

## **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 14<sup>th</sup> to April 2<sup>nd</sup>. 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:**