



Duck Bay Fit for Fun Family Day

Project Target Risk Factors:

Physical Activity

Mental Wellbeing

Target Population:

All age groups

Project Lead:

Loretta Thompson

Community: Duck Bay

RHA: Parkland

Project Partners:

Duck Bay Community Council, Recreation Director and Duck Bay Manitoba Metis Federation (MMF) Local

Project Details:

Single event

Description:

The Duck Bay Fit for Fun Family Day has been running now for five years. It provides an opportunity for families to be physically active in a fun-filled environment. This year some equipment was borrowed from the recreation department and some equipment was purchased to giveaway for families to continue to use. Food was purchased and offered to all.

Time:

It takes about 3-4 days to prepare for the day - doing the paperwork (applying for funding, registration, posters, and evaluation), scheduling meetings with other agencies, doing home visits to promote the event, recruiting volunteers, traveling to Dauphin to purchase food, prizes and equipment.

Objectives:

- To promote physical activity
- To provide a family oriented physical activity where parents and children play together as a family

Planning Supports:

Our modern lifestyle and all the conveniences that we've become used to have made us sedentary and that's dangerous to our health.

We used information from Canada's Activity Guide.

Results: Our 5th Annual Fit For Fun Family Day was a success. When we first started we had about 15 people come out to the event. This year we had 61 people register and participate.

What worked:

The partnerships with Duck Bay Community Council and their recreation assistant, Duck Bay Métis Local and their summer students and volunteers from the community worked well.

What didn't work and any changes made:

With the good turnout we needed more volunteers.

Unexpected Outcomes:

We were pleased with the high number of people who came out to the event.

Other notes:

One comment that a grand mother made to me after the event was over - "I can't believe the number of people that were non-stop playing and having fun!"

Volunteers:

We had summer students, a Healthy Together Now representative, Recreation Director Assistant, Public Works employee and parents volunteer.

Facilities:

Duck Bay School Grounds, Duck Bay Health Office

Equipment:

Baseball equipment, volleyball/ badminton set, obstacle course, egg race, skipping ropes, assorted sports balls

Total Costs:

\$315.00

Contact Information:

Community: Duck Bay

Region: Parkland

Contact person: Loretta Thompson

Email address: lthompson@prha.mb.ca

An alternate contact or for more information on other Healthy Together Now programs in this area please contact Jessica Lacasse - jlacasse@prha.mb.ca