



Healthy Communities

Further Resources

School Walking Club Information:

The following link will take you to the Active Communities website, which includes a brochure on how to set up a Walking Club. There are some interesting facts about the benefits of walking that could be adapted for your class, and you may want to encourage your students to start a walking club before or after class. <http://www.activecommunities.bc.ca/> From the homepage, click on "Public Resources" on the top menu bar, and follow the links to "Walking Program Resources".

There are a number of publications here that you could adapt for your class. A walking club usually has a leader, which might appeal to any natural leaders in your classes. You could also make your walking club an English only club, where students get the double benefit of exercise and a conversation club in one. This could be a great way to make use of people in your community who want to do volunteer work. The Walking Program Resources are all there, and with the aid of a few class leaders, and a committed volunteer you could easily set up a walking and talking program.

Locating Recreational Venues in your Community:

The following link (a sub-link of the above site) will bring you to a document that lists B.C.'s best recreation spots by community. Further links to different recreational venues are given for many of the communities listed which can be used by instructors to create activities and by learners to do presentations etc.

http://www.activecommunities.bc.ca/documents/BC_Best_Recreation_Spots.pdf

For example, from the site above you can find information about recreation in:

Victoria:Recreation:

<http://www.crd.bc.ca/recreation.htm>

Places to cycle:

<http://www.crd.bc.ca/parks/cycling.htm>

Regional parks:

<http://www.crd.bc.ca/parks/index.htm>



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North Vancouver:

<http://www.activenorthshore.com/>

From here, you can find a listing of walks, their length, their level of difficulty and detailed maps. A great start for your school walking club. Just click on the North shore walks website link, and then click on the "Calendar of free guided walks" on the left side bar.

Vancouver:

Use this link to find out about parks and recreation, walking and cycling trails and special active communities links:

<http://vancouver.ca/parks/activecommunity/walks.htm>

Richmond:

Parks and Recreation Home Page:

<http://www.richmond.ca/parksrec/overview.htm>

Walking:

<http://www.healthycommunity.ca/richmond/>

Cycling:

<http://www.richmond.ca/parksrec/ptc/trails/about.htm>

** For your own community try a Google search with your community's name followed by Parks and Recreation, walking trails, hiking, cycling etc. Here are a few examples of hiking/recreation sites from different parts of B.C

Kamloops:

http://www.tourismkamloops.com/home_showSection_ID_34.html

Kelowna:

<http://www.kelownagolfski.com/hiking.htm>

Nanaimo:

<http://www.nanaimoinformation.com/nanaimo-hikes.php>

Prince George:

http://www.playday.com/activity_geo.asp?Activity=Hiking&Geo=BC+Pr20George

All these sites offer information that learners can access and, with a little instructor assistance in terms of creating a series of guided questions, use for class presentations.