

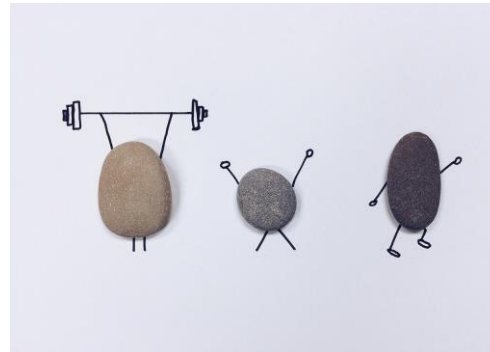
Program Objectives:

The objective is to work towards achieving the following desired health outcomes:

1. Increased healthy eating habits, including increased knowledge of healthy nutrition, healthy eating practices, traditional diets and activities, healthy weights and weight management;
2. Increased physical activity levels of community members through participation in organized sport activities, physical fitness activities and physical recreational activities;
3. Increased healthier lifestyle choices, including reduced use of commercial tobacco products and increased smoke free environments in community and personal spaces; and,
4. Increased numbers of youth who are engaged and participating in leadership programming and positive community activities.

The UAHLP has four program components that must be delivered by each site:

- 1) Nutrition component: Nutrition and Healthy Eating;
- 2) Physical component: Sport activities; Physical fitness activities; and Physical recreation activities;
- 3) Smoking cessation/smoke-free living component, and;
- 4) Youth Leadership component.



Sport Activities

Sport activities are an opportunity to improve both physical and mental health, as well as develop social skills such as sportsmanship, fair play and team work.

Physical Fitness Activities

Programs focused on addressing cardiovascular health. They are workouts and activities that will increase the heart rate and breathing. This type of workout not only conditions the heart and lungs for a healthier body but also helps you maintain a healthy weight by burning calories. Cardio workouts also help with endurance and stamina.

Physical Recreation Activities

Provide benefits relating to physical, mental and social health, and they inspire community members to live active and healthy lifestyles.

Nutrition Programs

Provide nutrition knowledge and skills to program participants.

General Description:

The intent of the UAHLP is to improve the health and well-being of the urban Aboriginal people, preventing the development of health issues, such as diabetes, obesity and heart disease. The program is community-based and inclusive to all. To accommodate the needs of the community and to be inclusive activities are available not only during the day, but into the evening and on weekends. In other words, the programs are strategically delivered when community members are available to attend.



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Urban Aboriginal Healthy Living Program



Program Goal:

The UAHLP is designed to increase participation in sport, physical fitness and to provide nutrition and smoking prevention/cessation supports for urban Aboriginal people.