Trout Lake Community Centre

- City Council
- Park Board
- Community Centre Associations (17)
Physical Activity
- 85% of seniors do not meet PA guidelines
- 90% are sedentary for >8 hrs/day

Social Activity
- Social network size decreases
- Social isolation increases
“Physical inactivity has been identified as the 4th leading risk factor for global mortality.”

—World Health Organization

COST OF PHYSICAL INACTIVITY
$6.8 BILLION
↑ Mood
↑ Bone health
↑ Brain health
↑ Flexibility
↑ Energy
↑ Memory
↑ Weight management
↑ Mental health
↑ Happiness
↑ Sleep
↓ Anxiety
↓ Cholesterol
↓ Cardiovascular disease
↓ Arthritis pain
↓ Alzheimer’s progression
↓ Diabetes risk
↓ Hip fracture risk
↓ Depression
↓ Fatigue
↓ Blood pressure
Choose to Move

One-on-one Consultation

Motivational Group Meetings

Telephone Check-ins

https://www.choosetomove.ca/get-active

PRINCIPLES

• START SLOWLY
• PROGRESS GRADUALLY
• SAFE
• COMFORTABLE
• ENJOYABLE
• CHOICE-BASED!!
Active Aging British Columbia (ABC) is the core portfolio of the Active Aging Society. ABC is our response to counter declines in quality of life among community-dwelling seniors. ABC aligns with the BC Ministry of Health goal to promote health and prevent chronic disease and injury as a means to mitigate economic strains on BC’s health-care system. ABC initiatives embed best evidence into approaches to achieve these goals.

**ABC engages, mobilizes, and connects**

- **32,466** seniors benefit from ABC initiatives
- **10,740** reached at health promotion & falls prevention presentations
- **1000+** social media followers
- **840** newsletter subscribers
- **37** knowledge & referral partners

ABC connects community partners to build capacity throughout the province

- **1820** health leaders trained
- **113** delivery organizations
- **5** health authorities

https://www.choose.tomove.ca/get-active
ABC comprises two signature programs

Choose to Move has to-date, effectively enhanced the health of ~5000 seniors
- Increased physical activity
- Increased social connectedness
- Decreased loneliness
- Increased access to community resources

85 Active Aging community grants were awarded to mobilize ~20,000 seniors
- 85 community grants
- 19,910 seniors mobilized

https://www.choosetomove.ca/get-active
Active Aging Research Team

Principal Scientists:
Heather McKay, PhD
Joanie Sims-Gould, PhD

Team Members:
Rebecca Collett
Johanna Dingle
Samantha Gray
Christa Hoy
Hanson Lee
Sarah Lusina-Furst
Caroline MacLennan
Heather MacDonald, PhD
Lindsay Nettlefold, PhD
Callista Ottoni
Douglas Race
Katie Weatherson
Venessa Wong

https://www.choosetomove.ca/get-active

https://www.activeagingsociety.org/

www.facebook.com/ChooseToMovement