

Physically Healthy

Collaborative Action Network

Impact Report 2019

Energize 365 is a community wide campaign to increase physical activity.



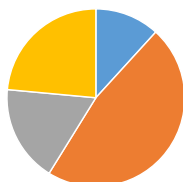
Measures of Success

Being physically active is one of the most important things people of all ages can do for good health. Physical activity improves strength and endurance, builds healthy bones and muscles, and helps control weight, reduce stress and anxiety. Data is for the NVRH health service area.

Adults	Meet Daily Recommendations
150 minutes per week	52%
Adolescents (grade 9 – 12)	Meet Daily Recommendations
60 minutes per day	21%

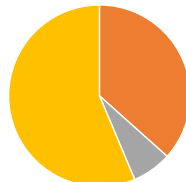
Pop Ups in the Parks 2019

of Classes = 17



■ Pilates ■ TaiChi ■ Yoga ■ Zumba

of People = 71

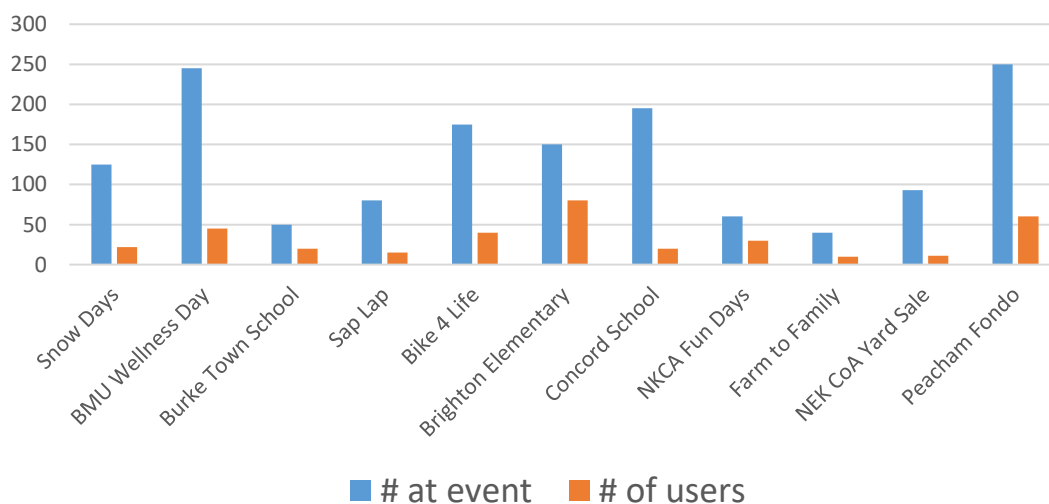


■ Pilates ■ TaiChi ■ Yoga ■ Zumba



Photos of the Month
 12 in Caledonian Record
 9 Facebook posts; 3200 people reached.

Smoothie Bikes FY19



31 people
 Average age: 36

