



Generation Health Offers Virtual Programs

The Generation Health program has been offered through participating YMCA facilities and municipal recreation centres in B.C. since September 2018. Ongoing evaluation demonstrates that families continue to be highly satisfied with the program and made positive changes in parent and family healthy eating, family and child physical activity and child quality of life. In addition, families plan to use the skills they learned in the 10-week program and continue making changes to support building and maintaining a healthy lifestyle.

COVID-19 impacted the delivery of the Generation Health program in the spring due to the closure of recreation facilities. However, we were able to adapt the program for virtual delivery and the evaluation shows similar positive outcomes to that of the in-person program. While a number of businesses have re-opened under BC's restart plan, recreation centres and YMCA facilities are taking a phased approach to offering in person programming and continuing to

offer a number of programs virtually. As such, Generation Health will continue to be offered through virtual programming this fall.

With virtual delivery, the program is open to all families in B.C. no matter where they live. To find out more about the program and how a family can register visit: www.generationhealth.ca.



Finally - a health app you can recommend for families

Aim2Be is a fun, free healthy living app for Canadian families. Families more than ever need a little extra support to help get their families on a path to healthy living. Aim2Be can help. Download the apps today, in English or French, from the app stores. And visit us on social @aim2be_app or on our website at www.aim2be.ca. Help us spread the word. Repost, retweet. Subscribe to our [YouTube channel](#) and share our engaging videos. The website includes flyers you can [download](#) and distribute to families to tell them about the apps. Check them out.

There's an app for parents and one for kids 10+. The youth app changes depending on the age of the user - under 13 years or 13 and over. One small step at a time, families work together to level up to a healthier and happier life.

We worked with an expert team of dietitians, physical activity experts, psychologists, and academics to create and review the content. Reputable organizations, like Heart & Stroke, Diabetes Canada, Obesity Canada, Dietitians of Canada, the Canadian Society for Exercise Physiology, and the David Suzuki Foundation collaborated with us to bring Canadians a trusted product. The Aim2Be development and evaluation were funded, in part, by the Public Health Agency of Canada.

Thanks for helping us reach more families with the good news about Aim2Be.



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Appetite to Play Online Workshop

Appetite to Play is designed to support early years providers promote and encourage physical activity and healthy eating. The program provides healthy eating and physical activity recommended practices and resources for early years providers to use in a variety of settings including daycare centres, family-based childcare, preschool and parent participation programs.

ONLINE WORKSHOP: \$19 per person

This instructor led live interactive workshop will enhance knowledge, skills and confidence in creating childcare settings that support physical literacy, healthy eating and healthy child development. Planning tools, self-assessments, recipes, games and activities will be shared. An overview of the resource rich Appetite to Play website will be included.

This workshop is open to early years providers who are interested in learning more about physical activity and healthy eating for children 0-5 years old, and who want to increase their

capacity in this field. The workshops are two (2) hours in length, and count towards professional development credits for early childhood educators.

To sign up for a workshop, visit the Appetite to Play website [here](#) (go to the "training" page and choose the "online workshops" section).



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Our mailing address is:

771A - 2635 Laurel Street
Robert HN Ho Research Centre
VGH Hospital Campus
Vancouver, BC, V5Z 1M9

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