



Generation Health programs are now virtual!

We are excited to announce that our **Generation Health** programs will be delivered virtually while social distancing measures are in place. The 10-week program consists of weekly group sessions and online self-paced e-Sessions and is offered through participating YMCA facilities and municipal recreation centres.

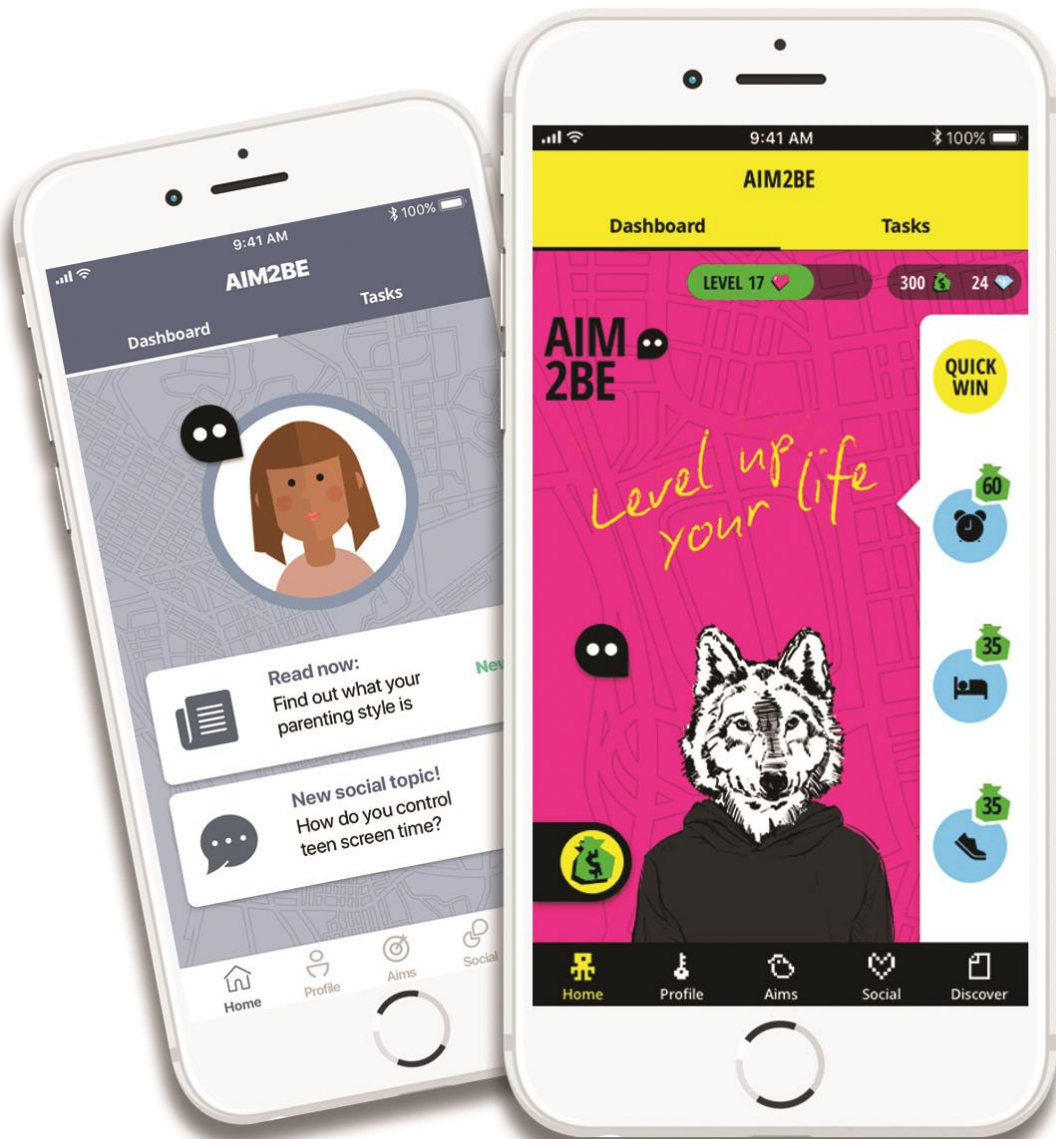
Most of the programs were half-way through the 10-week cycle when the COVID-19 restrictions were put in place and recreation facilities across B.C. were closed. The Facilitator teams at each of the program sites were able to quickly adapt to delivering virtual live sessions for the remaining weeks and families successfully completed the program. Families were excited to keep going and fully participated in the virtual sessions.

As we move in to the Spring program cycle, there are four communities offering the full 10-week program with

virtual live sessions: Chilliwack, Surrey, Coquitlam and Vancouver. We are also exploring offering a virtual program over the summer months.

As we move into the next phase of B.C.'s Restart Pan the Generation Health team is working with our delivery partners and planning for a variety of scenarios in order to continue to support B.C. families.

To find out more about the program or read our blog visit www.generationhealth.ca



Aim2Be health app available this summer

Coming this summer, a health app for families. One app for parents with a gamified version for kids 10+. One small step at a time, families will work together to level up to a healthier and happier life. Details at aim2be.ca.

Aim2Be aligns with Canadian health and physical activity recommendations. It integrates living green and healthy body image principles, behaviour change techniques, and more. An expert team of dietitians, physical activity experts, psychologists, and academics created and reviewed the content. Reputable organizations such as Heart and Stroke, Diabetes Canada and Dietitians of Canada collaborated with the Childhood Obesity Foundation to bring Canadians a trusted product.

An award-winning developer, Ayogo Health, built Aim2Be with input from parents and youth and a research team from the University of British Columbia and BC Children's Hospital Research Institute tested it with Canadian families.

Aim2Be will be available in English this summer and in English and French (ObjectifMoi) by the fall 2020. Further details at aim2be.ca. Contact janice@childhoodobesityfoundation.ca if you have questions.



Appetite To Play online training opportunities

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

programs. The initiative was developed by Child Health BC, YMCA of Greater Vancouver, the Childhood Obesity Foundation and Sport for Life Society.

ONLINE WORKSHOPS: \$19 per person

Our sessions have been selling out! Sign up now if you would like to get some professional development hours. For Wednesday, June 3rd from 6 to 8pm: [Register here](#). For Monday, June 8th from 6 to 8pm: [Register here](#)

E LEARNING MODULES: \$10 per module*

Learn at your leisure with our two E Learning Modules, which include 1.5 hours of professional development. For Physical Literacy: [Register here](#). For Healthy Eating: [Register here](#).

**Price increases to \$14 per module on June 1st.*

Steps families can take for a healthy lifestyle during the COVID-19 pandemic

Please visit the Childhood Obesity Foundation's website [here](#) for information on steps families can take for a healthy lifestyle during the COVID-19 pandemic.



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