



Promoting  
healthy  
habits  
in Chelsea

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## **Municipal initiatives promoting healthy habits in Chelsea: Three steps to physical literacy!**

Chelsea's Recreation, Sports, Culture, and Community Life Department proudly presents three exciting initiatives to promote healthy habits and the skills and basic movements leading to physical literacy. These initiatives include games and fun activities you can enjoy in a community park or at home and online training courses you can do from home. All offerings are free of charge.

## WHAT WE OFFER

### WHAT IS PHYSICAL LITERACY?

“Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.”\*

We’re offering these initiatives so anyone interested in developing healthy habits while having fun can develop their physical literacy.

For more information on the initiatives, please see the following pages.

Source:

International Physical Literacy Association, May 2014

[physicalliteracy.ca/](http://physicalliteracy.ca/)  
[physical-literacy/](http://physical-literacy/)



Active backpacks



Community activity bins



Free online training on physical literacy



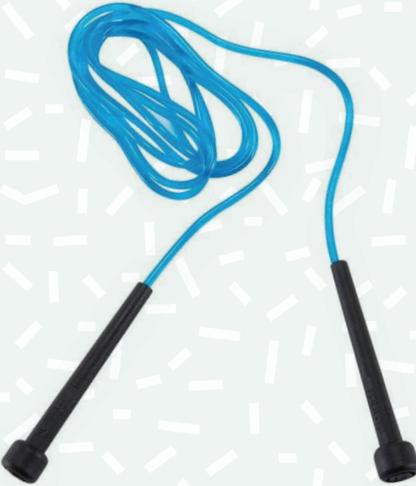


## ACTIVE BACKPACKS

### PACKED WITH FUN

These special backpacks contain activity-themed items and books that promote physical literacy through specific movements. There are seven backpacks, each targeting a basic movement to learn, practice, and master!

The backpacks can be borrowed from the Chelsea Library for a period of one week.



### The Gazelle

This backpack features exercises to help develop your running skills. The books inside are full of fun suggestions.

### The Squirrel

This backpack is all about balance. It contains a balance strap for beginners plus yoga books.

### The Catch

The book and items inside are for fun outdoor and indoor activities to develop your catching and throwing skills.



### The Juggler

Focus on your eye-hand coordination with things to juggle, a cup-and-ball game, a diabolo, and books on juggling.

### Rack-a-Bat

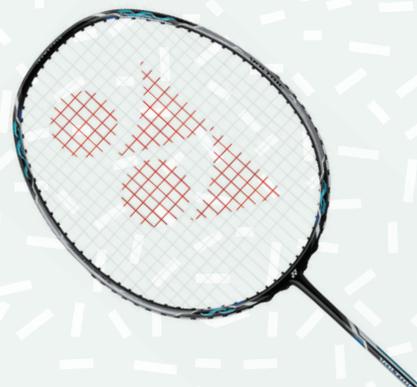
Inside are items and books to help you practice using a bat and a racket to hit balls and shuttlecocks.

### The Grasshopper

Look inside for things that will give you a jump on jumping. You'll also find books with a variety of fun and easy games.

### The Spider

Practice fine motor skills using thread, string, and paper to create fun projects, as shown in the books.



## COMMUNITY ACTIVITY BINS

### OPEN UP THE FUN!

These large metal bins contain things to play with outside in a park, plus instructions for activities, games, and exercises using bin contents. Just like the active backpacks, the bins are meant to promote physical literacy through free access to fun physical activities.

### All bins have the same contents.

Where to find them

**Hollow Glen Park**  
12 chemin du Parc  
(Hollow Glen sector)

**Farm Point Park**  
331 chemin de la Rivière  
(Farm Point sector)

**Meredith Center**  
23 chemin Cecil  
(Center Village sector)



The bins are unlocked for easy access year round. For the safety of children, the lids are secured with stays. We urge parents or older children to assist young children in using the bins. Please follow these rules:

**Use** what's inside

**Have fun** without mistreating or misusing the items

**Return items** to the bin when you're done

Please report any broken, lost, or stolen items by calling us at 819-827-6202 or emailing us at [loisirs@chelsea.ca](mailto:loisirs@chelsea.ca). Bin contents are listed on a form inside the lid.

Suggestions and instructions on how to use the materials are provided inside the bin. Please put items back in the bin after use for future users.

Use the items provided to help develop physical literacy in your community.

Have fun while improving the wellbeing of your family, group, or neighborhood!

## ONLINE TRAINING



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### Free access to online training!

Sport for Life offers a variety of outstanding training courses for people interested in developing sports and physical literacy activities for organizations, clubs, associations, communities, and families.

Chelsea residents, coaches, and professionals can enjoy free access to certain courses on **the Sport for Life Online Campus** through the municipality's Recreation, Sports, Culture, and Community Life Department.

Learn at your own pace, on your own schedule, wherever you are—including in the comfort of your own home.

For your free access code or for more information on the program, please contact Marie Danielle Michaud at

819-827-6202 or [md.michaud@chelsea.ca](mailto:md.michaud@chelsea.ca)

### Knowledge for the benefit of all!

