

CELEBRATION OF **ACTIVE EASY** **2017-2022**

*Making Active Choices The Easy Choices,
at Home, Work, Play And Along-the-Way*

June 13, 2022



TOWN OF
HALTON HILLS
Working Together Working for You!

PURPOSE

- Summarize accomplishments of the five-year *ActiveEasy* project
- Present highlights of years two through five
- Outline next steps for sustainability



46 RECOMMENDED ACTIONS – 4 CATEGORIES

Opportunities for All

Increase access

Active Living in the Workplace

Educate and recognize excellence

Residents of Halton Hills are visibly more **active** and community partners are engaged to make it happen.

Foster a Love for the Outdoors

Use natural features to increase activity

Increase Communications & Partnerships

Work better together to promote and enable active opportunities



TOWN OF
HALTON HILLS
Working Together Working for You!

RECAP OF YEARS 1-2

Active Easy brand created
Alliance partnership formed

Initiative launched:

- Open Streets
- Toys in Parks
- Caught Being Active
- Active Easy Rocks
- Trail Features
- Family Activity Kits
- Community Better Challenge



PANDEMIC PIVOT



TOWN OF
HALTON HILLS
Working Together Working for You!

ACTIVE AT HOME

NEW: Cardiovascular workout

Join our Fitness Instructor, Sandy as she demonstrates cardiovascular exercises to get your heart pumping! From high knees to side leg reaches, learn how to perform heart healthy exercises at home.



ACTIVE AT HOME – LIVE STREAMING



TOWN OF
HALTON HILLS
Working Together Working for You!

NEIGHBOURHOOD ACTIVATOR



TOWN OF
HALTON HILLS
Working Together Working for You!

SKIPPING CHALLENGE



Town of Halton Hills

Aug 24, 2020 · 🌐

Bring a skipping rope to the park this week for the Active Easy skipping challenge! Practice skills and learn new skipping games with your Neighbourhood Activator. Follow our Instagram account www.instagram.com/_hhchildren to find out which parks your Neighbourhood Activator will be at this week.

Skipping Challenge

Active
easy!



Town of Halton Hills

Jun 20, 2020 · 🌐

A sunny Saturday can bring lots of fun outside, check out the construction site using chalk! Share your drawings with us [#hhchalkchallenge](https://www.instagram.com/_hhchildren) [#activeeasy](https://www.instagram.com/_hhchildren) [#townofhaltonhills](https://www.instagram.com/_hhchildren)



CHALK CHALLENGE



TOWN OF
HALTON HILLS
Working Together Working for You!

CANADA DAY CHALLENGE



Town of Halton Hills

Jul 1, 2020 · 🌐

Happy Canada Day! We loved seeing our community come together with Canada Day themed chalk creations! [#hhchalkchallenge](#) [#hhcanadaday](#) [#activeeasy](#) [#townofhaltonhills](#)



12

...



Town of Halton Hills

Jun 28, 2020 · 🌐

A beautiful drawing submitted by a local resident for our [#hhchalkchallenge](#). Show us your Canadian spirit by grabbing some chalk and heading outside [#HHCandaDay](#) [#activeeasy](#) [#townofhaltonhills](#)



26

1 comment 5 shares



Town of Halton Hills

Jun 25, 2020 · 🌐

We have received some great pictures from our community for the [#hhchalkchallenge](#). We want to see your Canada themed chalk creations. Head outside and draw a Canadian Flag! Check out the new video from our Community Activator! [#activeeasy](#) <https://bit.ly/31naeSB>



TOWN OF
HALTON HILLS
Working Together Working for You!

VIRTUAL SUMMER CAMP



Town of Halton Hills

Jun 17, 2020 · 🌐

Meet our dedicated summer program instructors Jenna and Justin! They will be bringing kids online weekly resources during the summer starting June 29. More information available at www.haltonhills.ca/camps.



👍 24

1 comment 4 shares



Like



Comment



Share



Town of Halton Hills

Aug 6, 2020 · 🌐

As part of our virtual summer programs, our dedicated staff are creating new adventures every week for kids in [#HaltonHills](https://www.haltonhills.ca/camps)! On Monday you can download new videos and printable activity sheets on 5 focus areas: Creativity, Physical, Exploration, Appreciation and Healthy Choices. Visit haltonhills.ca/camps for more info or follow us on Instagram at [_HHChildren](https://www.instagram.com/_HHChildren).



TOWN OF
HALTON HILLS
Working Together Working for You!

TRAIL MAINTENANCE/OUTDOOR RINKS

- Trail maintenance enhanced
- Total of 5 neighbourhood volunteer-run locations provided



FAMILY DAY

Family Bootcamp

Our Family Day digital activity kit is based around 4 themes: Active Games, Artistic Activities, Fun with Science, and Minute to Win It. Also don't miss activities from [Halton Hills Public Library](#). Get it today at haltonhills.ca/familyday.



A row of yellow and red life jackets hanging on a rack in a room with COVID-19 physical distancing signs.



FAMILY RECREATION ACTIVITIES

HALTON HILLS PUBLIC LIBRARY
Imagination | Innovation | Opportunity

HALTON HILLS



PLAY STREETS



TOWN OF
HALTON HILLS
Working Together Working for You!

GEOCACHING



Town of Halton Hills



Apr 10, 2021 · 🌐

3 geocaches have been hidden by the Town of Halton Hills...can you find them? Learn more at haltonhills.ca/activeeasy.



16

10 comments 13 shares



TOWN OF
HALTON HILLS
Working Together Working for You!

YOUTH YOGA



TOWN OF
HALTON HILLS
Working Together Working for You!

OLDER ADULT FIT KITS

Fitness at Home Video #3: Exercise Ball

The exercise ball provides resistance without any weight and it is a fun way exercises:



OLDER ADULT ACTIVE EASY



Town of Halton Hills

Feb 23, 2021 · 🌐

February is ❤️ Heart Month ❤️! Show your heart some love by getting plenty of exercise. Check out recreational swimming, skating and virt... [See More](#)



Town of Halton Hills

Nov 23, 2021 · 🌐

November is Fall Prevention Month, and every Tuesday we will share a 'Tuesday Tip' to raise awareness about this important topic.

TODAY'S TIP: Improve Balance! Exercises that improve balance can reduce falls by 22-38%. Indulge yourself in yoga, tai chi or practices in your own home to improve your balance. Learn more about our older adult services at haltonhills.ca/50plus. [#PreventFalls](#) in [#HaltonHills](#) Fall Prevention Month



TOWN OF
HALTON HILLS
Working Together Working for You!

OLDER ADULT PROGRAMMING



TOWN OF
HALTON HILLS
Working Together Working for You!

TREE PLANTING WITH CVC

- This event has passed.

Joseph Gibbons Park Tree Planting for Older Adults

[All Events](#), [Tree Planting](#)

Plant Tree with Us

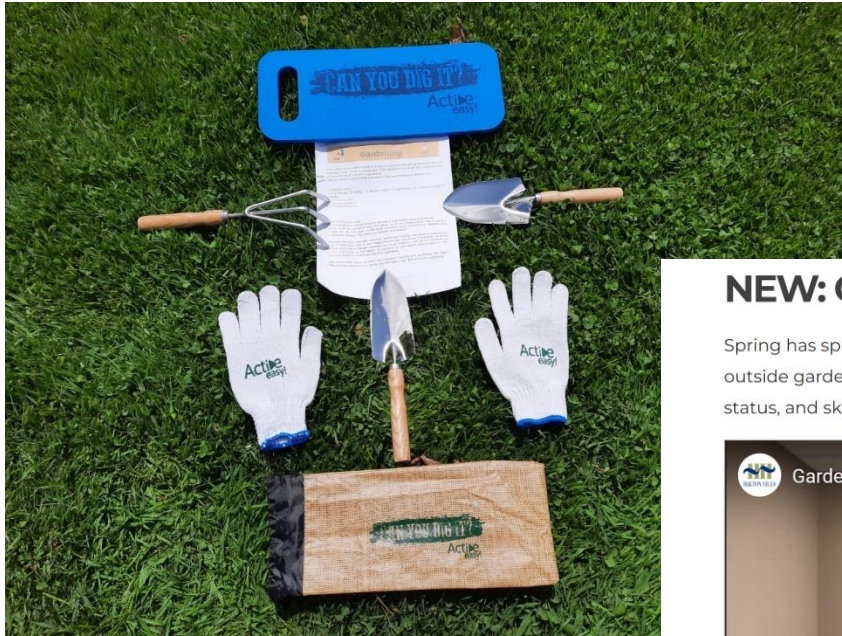
Let's work together to make the Hungry Hollow SNAP neighborhood more sustainable and ready for a changing climate.

Join us as we plant native trees and shrubs in Joseph Gibbons Park. Trees provide shade and natural cooling on hot summer days while also attracting local wildlife and adding beauty to your community. This event has been planned in partnership with the Town of Halton Hills and is designed for older adults (55+) but is suitable for the whole family! Come out on a Spring day, meet your neighbors and plant some trees with us! [This event is part of Hungry Hollow Sustainable Neighborhood Action Plan \(SNAP\).](#)



TOWN OF
HALTON HILLS
Working Together Working for You!

GARDENING – TOOLS AND TRAINING



NEW: Gardening for better health

Spring has sprung in Halton Hills! Join Sandy and learn about the best exercises to do before, after and in between your time outside gardening. Each person has a different capacity for participating in exercise. Please be aware of your fitness, healthy status, and skill level before commencing in any suggested exercises to do before, after and in between gardening.




GARDENING – YOUTH AND THE LIBRARY



TOWN OF
HALTON HILLS
Working Together Working for You!

COMMUNITY PARTNERSHIP PROGRAM

<p>Active Living</p> 	<p>Activities/events/initiatives that:</p> <ul style="list-style-type: none"> • Support Recreation for ALL • Focus on active recreation, sport, active transportation, healthy lifestyles. • Make improvements to parks and facility. <p>Supporting Strategic Actions, or Goals:</p> <ul style="list-style-type: none"> ○ R&P Action 1 - In response to changing lifestyle preferences, provide opportunities for regular and convenient access to participation that reaches the largest population at a basic, general, and introductory level. ○ R&P Action 6 - Parks, community centres and other recreation facilities should be constructed, expanded, and/or refurbished as required to meet local needs, operate effectively, and to function as multi-use hubs where possible. 	<p>Examples include:</p> <ul style="list-style-type: none"> • Sport, Bike, Walk and Run events • Play Street events • Free Pop-up sports programming • Older adult walking club • Neighbourhood Recreation Program • Geocaching/Scavenger Hunts • Sports/Coaching Training on inclusion for all
--	--	--



NEIGHBOURHOOD WALKING CLUBS



TOWN OF
HALTON HILLS
Working Together Working for You!

SUMMARY OF ACCOMPLISHMENTS

Category	Recommended Actions	Status
Opportunities for All	22	17 complete
Foster a Love for the Outdoors	6	6 complete
Active Living in the Workplace	4	0 complete
Increase Communications & Partnerships	14	14 complete
Totals:	46	37 (80%)



TOWN OF
HALTON HILLS
Working Together Working for You!

NEXT STEPS

- Work collectively with the **Active Easy Action Team** to plan and implement low cost/no cost initiatives across the community
- Continue to include the voice of the community in planning through involvement of the **Active Easy Alliance**
- Continue to monitor new and emerging funding streams and opportunities for innovative programming



THANK YOU.



TOWN OF
HALTON HILLS
Working Together Working for You!