

Change For Good

>Health

A Blueprint for Canada

Collaborate.

Innovate.

Act.

impakt

A letter from **David Patchell-Evans**, philanthropist and fitness pioneer

“The opportunity to take care of your health through fitness should be an essential right. Change for Good Health is a collective answer for the benefit of all Canadians.”

I believe Canada can be the healthiest nation in the world. To make that a reality, we have to continue to give everyone options to be physically active. Access to spaces and programs for physical activity should be considered a basic right...something that cannot be taken away. It should just be part of living here, like going to school or accessing healthcare.

Change for Good Health seeks to make the COVID-19 pandemic the impetus for change. To consider access to fitness and thereby, health – an essential right. More people than ever are aware of how important health is to our quality of life. Health is everything. We’ve learned that without health we have nothing. Regular exercise contributes to better health, so it follows that access to physical activity should always be available to everyone. It’s an essential way to take care of your health.

It’s always been my mission to give everyone a chance to experience the incredible benefits of exercise. In Canada, our inactivity rate scares me. COVID-19 has made the problem so much worse. Unfortunately, we’re more sedentary now. The pandemic has exposed the inequities that exist in our society when it comes to accessing physical activity. COVID has made the situation even more difficult, especially for people in vulnerable communities.

Inactivity has become a crisis. It’s urgent that we allow people to take care of their health and wellness because our options to be physically active have been radically reduced.

Months and months of inactivity and isolation have eaten away at our collective physical and mental health. Our quality of life has declined, our lifespans are shorter. Canada’s healthcare system will be overwhelmed for generations to come as it deals with higher rates of chronic diseases like cancer, diabetes, depression, obesity and more.

We need a forward-thinking approach. Let’s find innovative ways to support safer, more accessible opportunities for physical activity that will reach people during the pandemic and into the future. Let’s not just target healthy people who live in optimal conditions. Everyone should have the right to look after their health. It’s going to take a mindset shift. The answer to health is not just sitting still. It’s about finding ways to move safely and in a supportive environment. Change for Good Health brings together experts and leading organizations in the healthcare, sport, recreation and physical activity spaces, alongside researchers and community organizations, to take a new look at what is and isn’t working. Participants expressed that access to physical activity should be an essential right for everyone. Change for Good Health is looking for the best ways to collaborate and innovate to reach more people, more easily to help them be active.

This is not just a discussion paper, it’s an action paper. It presents some key findings and recommended guidelines to improve how physical activity is delivered, especially to marginalized groups. It’s a breakthrough collaboration across multiple sectors all with a unified mission to reach more people with physical activity.



David ‘Patch’ Patchell-Evans

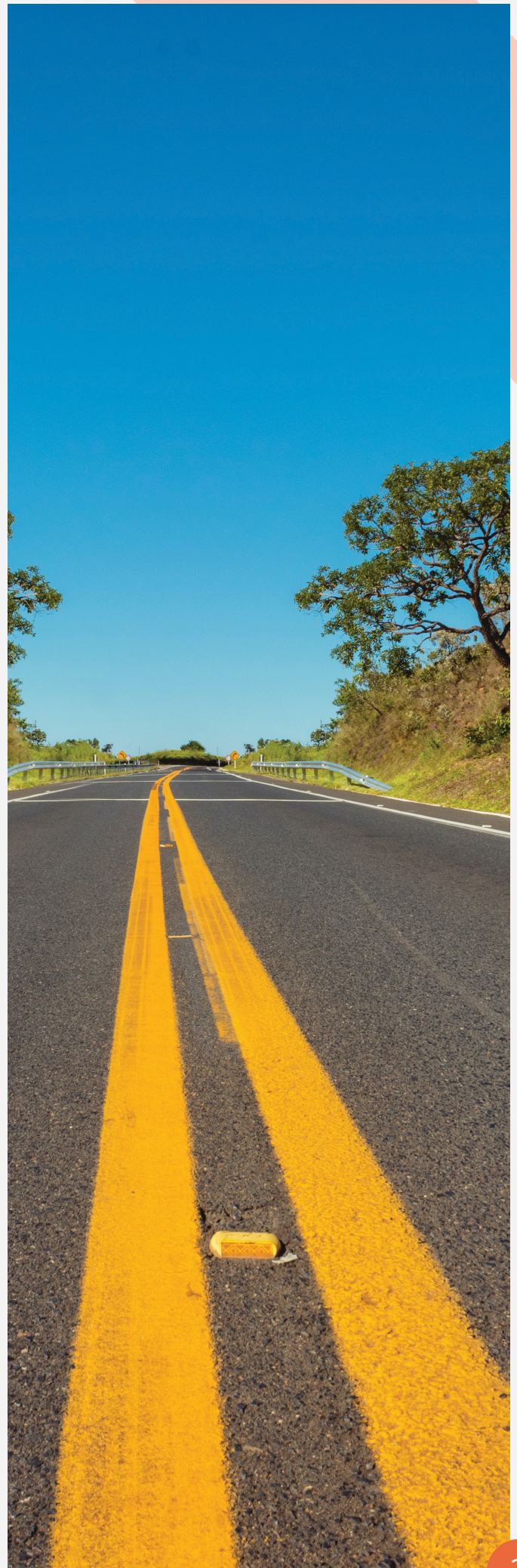
**A message from Paul Klein,
Founder of impakt and the Impakt
Foundation for Social Change**

“I believe that there’s never been a time when physical activity is more important. We created Change for Good Health to turn years of learning, discussion and experience into action that will help everyone in Canada stay fit and healthy - starting today.”

Throughout the pandemic there have been many uncertainties but one thing has been clear and consistent from the outset: COVID-19 has had a disproportionate impact on vulnerable people and on vulnerable communities. In late 2020, Patch and I had a conversation about this inequitable situation. We talked about what could be done to increase access to physical activity for people who faced increased barriers because of the pandemic and were even more at risk as a result of COVID-19. This led to Change for Good Health - an initiative which has brought many of Canada’s most knowledgeable people together to gain a common understanding of the problem, identify priorities for long term, systemic change and uncover opportunities for immediate action. One of the most important first steps is the commitment these leaders have made to continue collaborating for change and to ensure that the ideas shared in this report are implemented. I believe physical activity is a right for all Canadians and that Change for Good Health will make a profound difference in the health of vulnerable people.



Paul Klein



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Summary

A Context for Physical Activity as a Right

Inactivity places people at greater risk for negative long- and short-term health outcomes, including chronic diseases like diabetes, cancer and heart disease, memory loss, plus mental health issues like anxiety and depression. These health conditions create a strain on medical systems and economies. Globally, physical activity is proven to reduce chronic disease, and save millions of lives, and Canada is no exception.¹ Moreover, the chronic undervaluing of the role that physical activity plays in individual health, is harming the well being of all people living in Canada.

Despite this, **only 16% of people living in Canada meet physical activity guidelines²** and rates of chronic health issues continue to rise. Equitable access to physical activity services that are safe and culturally appropriate is critical to the health of the nation, and an important preventative health strategy.

During the pandemic, barriers to physical activity have become even more apparent. Vulnerable communities are being disproportionately affected. Inadequate availability of accessible and inclusive opportunities for physical activity, a lack of physical health literacy, and lack of funding have all contributed to a reduction in access to equitable physical activity services at a time when they are needed more than ever.

Change for Good Health has a singular purpose: to mobilize leadership and action in the sports, physical activity and recreation sectors to ensure that all people living in Canada have safe, inclusive, and equitable opportunities for physical activity. Adequate and consistent access to physical activity services should be guaranteed to all people living in Canada, as a key component of their good health.

The Response

Leaders in physical activity research and practice were invited to take part in a series of roundtable dialogues. The roundtables focused on how physical activity influences and is influenced by equity, mental, social, and emotional health. The goal was to establish space for collaboration, innovation, and action on how to create more opportunities for people living in Canada to be more active, improving their physical and mental health, and overall well-being.

These collaborative efforts resulted in a pathway to action that is captured in a set of recommendations. These recommendations are designed to guide efforts by leaders in the physical activity sector. They will inform program development, implementation, policy, and strategy. **The goal is to influence government, organizations, and individuals,** to create new opportunities for people across Canada to stay healthy by being more active.

The recommendations and resources laid out below represent the first steps toward collaborative and evidence-based solutions that will improve health in Canada. They describe an approach to developing more equitable and culturally appropriate physical activity in the context of the COVID-19 pandemic and beyond. Participants and others in the physical activity sector will have the opportunity to deploy learnings within their organizations, collaborate, influence policy and practice, and reduce the barriers to access for marginalized and vulnerable populations.

Change for Good Health Vision:

To improve the lives of all people in Canada through equitable access to physical activity

A Blueprint for Change

The Change for Good Health initiative identified a set of target areas and recommendations, built on the foundation of the successful evidence-based practices already developed and implemented across Canada. Rather than reinventing the wheel, the initiative gathered experts who represent a diverse set of interest-areas within the physical activity sector. Participants shared their expertise, perspectives, and intimate knowledge of the sector to identify critical areas for inter-sectoral collaboration, and space for innovation in trying to improve the crisis of inactivity.

Ideation

Identify and contact potential partners who represent diverse stakeholder groups to:

- Distinguish critical areas of focus
- Ensure representation of the diverse populations of Canada

Pre-Survey

- Identify topic areas for discussion
- Allow participants to contribute research and best practice to inform the conversation

Roundtable Discussions

Facilitate three roundtables covering the relationship of physical activity with:

- Children and Families;
- Mental, Social, and Emotional Health; and Health Equity
- In these roundtables, participants identified action areas for improving physical activity in Canada

Analysis and Design

The Change for Good Health team analyzed the discussions from the roundtables, identifying six key target areas, and subsequent goals and action items

Collaborative Goal-Setting

Goals and action items went through an iterative process with roundtable participants, using an online forum to further discussion and collaboration on major action areas

Results and Recommendations

The resulting goals and actions are summarized in this document, with the hopes that any organization, or policy maker can use them to make physical activity more safe, equitable, and inclusive for all people living in Canada, creating a pathway to a healthier nation

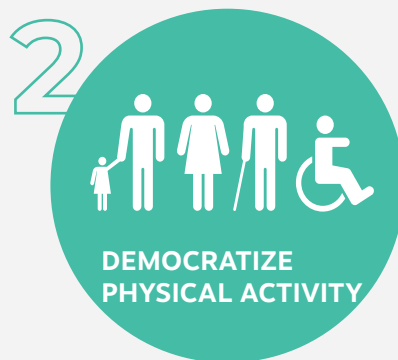
The Goals

The primary target areas highlighted below indicate where action is the most necessary and feasible, in order to ensure meaningful access to physical activity, and make physical activity a right for people living in Canada. This document lays out a blueprint for success by defining a set of achievable goals, followed by specific action items for each target area. These action items can be found later in the document (or by clicking on the icon). The actions focus on reducing the most common barriers to access to physical activity through best-practice recommendations and tools.

Many of the action items included in this document are intentionally broad. The issues approached here are intersectional, and apply to organizations across the physical activity ecosystem. While individual approaches to inclusive practice, user-centered design, and other key action areas will

differ from organization to organization based on the community or interest area in which they work, the importance of the underlying issue remains the same. The goals defined in each target area can guide an individual, policy maker, or organization toward the actions required to make physical activity an essential right. There is an existing wealth of resources and experience (many available in the appendix) to refer to as a unique implementation approach is being developed.

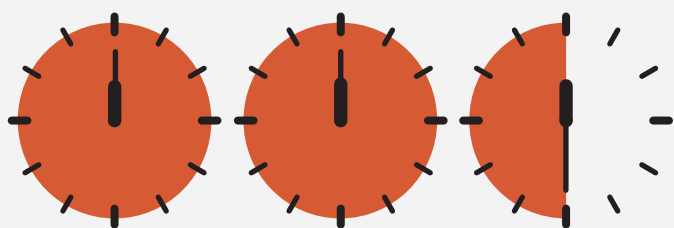
What is of critical importance is that all members of the physical activity system, from grassroots organizations to government bodies, incorporate these best practices into their everyday operations. This document represents the first steps in providing the guidance and resources to create this standard of practice.



Introduction

Inactivity: The Silent Pandemic

Physical inactivity is a neglected health crisis, causing negative long-term physical, mental, social, and emotional outcomes in Canada, and around the world. The World Health Organization (WHO) defines physical activity as ‘all movement’ and has recommended 150 minutes of moderate to vigorous physical activity per week.¹ People who do not meet the minimum recommended level of physical activity are defined as being physically inactive. Globally, one in four adults, and 81% of adolescents do not achieve these goals, highlighting the need for a dedicated response to this under acknowledged health concern.³ Everyone has the right to good health, and physical activity is an essential component of achieving this goal.



WHO recommends 150 minutes of moderate to vigorous physical activity per week

Physical inactivity places individuals at risk. Their immune systems are compromised, and they are more likely to live with heart disease, obesity, substance abuse, increased stress and other significant health issues. Over a quarter of the world’s adults, more than 1.4 billion people, are vulnerable to the health risks of inactivity.⁴

This has a lasting impact on individual and community health. Serious health issues arising from inactivity threaten local and global economies. Globally, physical inactivity costs \$53.8 billion (as of 2013). These costs come from increased strain on the health sector, preventable disease, loss of productivity, and more. Higher-income nations, such as Canada, carry the bulk of that economic burden.⁵ The “silent pandemic” of inactivity is causing lasting damage. It’s shortening our lifespans, taxing our medical system and causing significant harm to our mental and physical health. This urgent issue requires greater attention in policy and practice.

Experts have developed clear recommendations around achieving physical activity; the challenge lies in creating the political will, reservoir of resources, and unified collective action between community members, experts, and the public and private sector to bring about lasting change.

The Cost of Inactivity in Canada

Global trends in physical inactivity are mirrored in Canada. Before the pandemic, only 16% of the Canadian population was getting the recommended 150 minutes of physical activity per week. Physical inactivity costs the Canadian economy an estimated \$6.8 billion every year⁶ and costs the Canadian health-care system 3.7% of all overall health-care spending.⁷

Children and Families

In Canada, people of all ages, incomes, backgrounds, and environments are experiencing the negative health impacts of inactivity, beginning in childhood. Regular physical activity, such as sport or fitness activities throughout childhood, is associated with improved heart health, lowered risk of type 2 diabetes, enhanced bone strength and density, measures of obesity, and cognitive development. Activity has also been tied to success in school, good mental health, and physical, social, and emotional well-being.⁸ Without regular activity, youth are at much higher risk for these and other negative health outcomes.

¹Please see WHO Activity Guidelines in Appendix 7



"A lot of kids are barely getting outside, and it's good that our school gives us opportunity to get out into nature"

Sedentary behaviour is common in adolescents in Canada. Some Indigenous communities are finding a way to present culturally relevant forms of activity to youth, so they develop healthy habits early.

In 2020, 61% of youth living in Canada did not meet the 24-Hour Movement Guidelines for Children and Youth, the gold standard for youth physical activity in Canada.^{1,9} Lack of physical activity contributes to negative health outcomes such as childhood obesity. Over the last 30 years, childhood obesity has nearly tripled. This in turn contributes to further negative health outcomes for children and youth, such as an increase in cases of type 2 diabetes.¹⁰ Lack of physical activity may also influence fine motor skill development in children and the ability or desire of youth to maintain a physically active lifestyle as they enter adulthood.¹¹ Getting families physically active helps their children get moving, and promotes the formation of healthy habits. With the growing availability of technology, and more children engaging in sedentary behaviour at home due to COVID-19 restrictions, this has become more important than ever.

Mental, Emotional, and Physical Well-Being

Physical inactivity also places adults at risk for a variety of chronic health conditions, such as obesity, diabetes, heart disease, and more than 10 types of cancer.¹² Conversely, more physical activity can increase life expectancy by as much as four years.¹³

Physical inactivity and factors linked to it, such as social isolation, or distance from friends, also have a significant impact on mental health. This risk increases with age.¹⁴ Regular physical activity, fitness, outdoor exercise, and other forms of movement, have been shown to play a role in preventing depression and anxiety disorders, improving cognitive abilities, reducing day-to-day stress, and preventing cognitive decline in older populations.¹⁵ While physical activity is not a cure-all response to mental health conditions, people in Canada diagnosed with depression and anxiety that engaged in regular physical activity reported a higher overall perception of well-being and sense of community.¹⁶ This makes physical activity an effective but under-used preventative health strategy.

Equity

Vulnerable and marginalized communities across Canada experience the negative outcomes of inactivity to even greater degrees. As a direct result of systemic biases and a history of discrimination within, and exclusion from, health care services and health information,¹⁷ Indigenous communities tend to experience higher rates of chronic conditions such as obesity, heart disease, and diabetes, compared to the non-Indigenous population, as well as poorer mental health.¹⁸ Tools for evaluating physical activity do not typically use culturally relevant measures, however, studies indicate that around 40% of the Indigenous populations in Canada have inactivity levels that can lead to increased health risk.¹⁹ Racialized communities in Canada tend to experience similar health outcomes, due to disparities in access to services and information, as well as inequities in access to physical health education and health care services.^{20,21,22} There is a shortage of research around the physical activity of racialized communities, but the available data shows that rates of physical inactivity are higher than in non-racialized populations.²³

¹Please see Canada's 24-Hour Movement Guidelines in Appendix 7

Physical inactivity costs the Canadian economy an estimated \$6.8 billion every year



Rates of physical activity among Canadian women were 6% lower than those of Canadian men. Women are also experiencing more negative health side effects.^{24,25} Regular activity reduces the chances of chronic disease in women, as well as reducing rates of infertility, and has a positive influence on maternal and fetal health during pregnancy.²⁶ Around 14% of people living in Canada have a sensory, intellectual, or physical disability.²⁷ People with disabilities may be at higher risk for further chronic conditions, so physical activity is imperative for good health. Children with disabilities in Canada are 4.5 times less active than children without disabilities,²⁸ and it is estimated that over half of adults with disabilities are not getting enough physical activity.²⁹ Those who were less physically active before the pandemic have become even more sedentary throughout the COVID-19 pandemic.



Around 14% of people living in Canada have a sensory, intellectual, or physical disability.

Newcomer populations in Canada are less likely to engage in physical activity than those born in Canada. This leads to negative short-term health outcomes and a steady decline in physical health over time.³⁰ Newcomer children also benefit from regular physical activity, which can improve bone development, and set children up for a healthier and longer life.³¹

Across all of these communities, lower levels of regular physical activity, and risk of chronic health conditions are exacerbated by institutional, socio-demographic, environmental, and economic factors.³² **Members of each of these populations are under-represented across the spectrum of physical activity services and opportunities.** Similarly, these populations are underrepresented in data collection, research, and inclusive program design, creating additional barriers to achieving recommended physical activity guidelines.

These negative health outcomes represent only some of the ways physical inactivity influences the health and well-being of people living in Canada. Physical activity is positively associated with other critical health outcomes such as an improved immune system³³ and recovery from substance abuse, cancer, and cardiovascular events.^{34,35} The physical, mental, and economic cost of inactivity is clear. What remains is to establish a strategic framework for cooperation, innovation and action in the physical activity sector. The goal is to help resolve these critical issues and address the specific needs of populations who face the most significant barriers to physical activity and health.

"I just want to play with my friends"

"I hide as I walk into the arena"

Sex, gender identity, gender expression, disability, and race, are amongst a list of prohibited grounds for discrimination- yet many gender non-conforming athletes are left out by current divisions in sport and physical activity.



One in five Canadians with a disability do not use the Internet at all.

more likely to have inflexible work hours, and prioritize challenging work-life demands and personal responsibilities for their energy and financial expenditures, leaving limited time and energy for physical activity.^{37,38}

Non-inclusive Design Barriers


Many spaces for physical activity are not designed to be inclusive to marginalized or high-needs populations, often discriminating against Indigenous³⁹ or newcomer communities,⁴⁰ racialized communities, women, or those with financial limitations. Lack of inclusive design in physical activity services and spaces alienates people with disabilities, through poorly designed infrastructure and separate programming.⁴¹ Further, the transition to online physical activity programming over the course of the COVID-19 pandemic has not been inclusive. **Many low-income families, or people living in remote communities have limited access to the Internet,** and one in five Canadians with a disability do not use the Internet at all.⁴²

Barriers to Physical Activity in Canada

There are a number of barriers preventing people living in Canada from engaging in regular physical activity. Identifying these barriers is a critical step toward supporting people living in Canada in exercising their right to physical activity. While challenges and barriers vary between communities and individuals, there are some key intersectional areas of focus. Some of the more common barriers to access are discussed below.

Economic Barriers

Low-income households can face barriers to physical activity in transportation and access to facilities, both financial and geographic. **Low-income areas often lack local infrastructure that encourages physical activity** (green spaces, pedestrian areas, fitness services, outdoor gyms, etc.). Transport to and from locations for physical activity can be expensive, time consuming, or non-existent.³⁶ Even at central locations like schools, transport to and from extra-curricular or after-school activities is often unavailable to low-income families. This is a particularly relevant issue in Canada, where inclement weather without readily available transportation can reduce engagement in outdoor physical activity, and limit access to other physical activity resources. Families with lower incomes are also

 "We discovered that by offering opportunities for the children of families on assistance to do recreation activities, 20% of the families no longer needed financial assistance"

Low-income families struggle with transporting children to and from recreational services. But supporting these activities can improve child development, as well as family well-being.

Societal and Psychological Barriers

There are also societal and psychological barriers that prevent individuals from accessing regular physical activity. Concern about personal ability is one such barrier. Worries around over-exertion, injury, etiquette,⁴³ mockery, and a lack of self-confidence⁴⁴ are all prohibitive, particularly among older adults.⁴⁵ Perspectives of physical activity as fitting within a certain definition (such as fitness, sport, or gym exercise) can also be a barrier to access. The perception that physical activity is a luxury can prove to be a psychological barrier preventing some from engaging in more regular physical activity.

Safety Barriers

Safety is another important barrier to physical activity. Feeling safe in spaces for physical activity is important in encouraging individuals to get active. Discrimination experienced while practicing physical activity can create a sense of discomfort in a space,⁴⁶ as can lack of support, concerns about personal health, and physical wellbeing.⁴⁷ Closely tied to this sense of safety in a space, is feeling represented in that space. Indigenous and other racialized communities, women,⁴⁸ and disabled people are severely under-represented in spaces of physical activity, including but not limited to sport, fitness, and program design.

Barriers to physical activity are directly related to lower levels of physical activity.⁴⁹ It is clear that to reduce inactivity and improve population health, environmental, socio-economic, geographic, mental, and physical barriers need to be removed and replaced with a physical activity ecosystem that is equitable, inclusive, user-centered, and is safe and accessible to everyone in Canada.

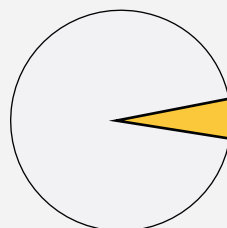


"The core belief that hockey is Canadian and Canada is inclusive makes it hard to challenge the realities that marginalized players face both on and off the ice"

Hockey is known as a truly Canadian sport, but it lacks diversity and inclusivity. A shift towards multiculturalism is key in making the game more multicultural and accepting.

The Impact of COVID-19

Globally, physical activity has decreased by between 20%-50% over the course of the pandemic.⁵⁰ Among people living in Canada who were inactive pre-pandemic, physical activity reduced by over 40%.⁵¹ In Canada, the pandemic limited opportunities for physical activity, as did closures of sports facilities, gyms, and fitness spaces. For many, this meant an increase in screen time for work or pleasure, and reduced outdoor physical activity. Due to this inactivity, people living in Canada have reported a decline in physical and mental health.⁵² Further impacts of the pandemic, such as increased levels of unemployment, financial uncertainty, social and physical isolation, or fear of disease have increased stress, depression, anxiety, and post-traumatic stress disorders.⁵³ Health is multi-dimensional, and requires a variety of different approaches. Preventing COVID-19 is one vital dimension of health, but the right to physical activity, and its role in preventative health care in Canada cannot be overlooked. It is critical to the health of all people living in Canada that we find a safe way to keep people moving.



Only 5.6% of children and youth (5-17) were meeting Canadian movement guidelines while under COVID-19 restrictions.

For children and youth living in Canada, there was a decline in all forms of physical activity over the course of the pandemic, and an increase in stress. Only 5.6% of children and youth (5-17) were meeting Canadian movement guidelines during the pandemic.⁵⁴ While there was an increase in indoor activities such as screen time, crafts, or puzzles, very few families added new forms of physical activity to their regular daily activity.⁵⁵ Families of higher socio-economic status were more likely to have easy access to home gym equipment, outside play, and get more exercise overall compared to lower-income households.⁵⁶

COVID-19 has had a disproportionate negative effect on the physical and mental health of racialized and Indigenous, newcomer, and low-income populations in Canada.⁵⁷ Not only are these populations more represented in infection rates, but they are also more affected by other barriers to physical activity. These populations are more likely to work as front-line employees, to face discrimination in accessing services, to be targeted by misinformation, and to live in

neighborhoods with limited resources for safe and accessible movement.^{58,59} We see similar conditions among disabled populations -- at least 61% of people with disabilities felt the financial impact of COVID-19, which reduced their ability to access essential services, diminished their quality of life, and increased stress.⁶⁰

Older Canadians experience significantly more anxiety, social isolation, and reduced physical activity than the rest of the population. **In fact, among adults over the age of 70, self-isolation reduced physical activity by as much as 53%.** Much of this was due to elevated risk of infection with COVID-19, and pandemic safety measures implemented to reduce transmission.⁶¹ While it is critical to reduce disease transmission to older populations, it's also important to recognize that physical activity has a notable positive impact on physical and mental health, cognitive processes, and other factors influencing quality of life. Many cross-sectional issues that influenced negative health outcomes, such as disability, low-income, or lack of Internet usage are significantly higher in seniors.⁶²

Factors like employment type and gender have a similar influence on both COVID-19 health outcomes, and on physical activity outcomes. In certain employment areas, such as healthcare, the workforce (mostly women) has spent more time in frontline jobs, leading to an increase in stress, and less capacity for physical activity.⁶³ Similarly, women accounted for nearly 70% of all job losses during the pandemic, but only 1/3 of re-employment. Women are taking on more childcare responsibilities, such as home schooling during school closures, leaving little time for physical activity. Women from marginalized communities face the highest barriers to employment and the slowest return to work. These factors raise barriers to their ability to access physical activity and other important physical and mental health services.⁶⁴

Over the course of the COVID-19 pandemic, the implications of reduced access to physical activity resources have become clearer. Existing health concerns have been exacerbated. Inequities in accessing physical activity services within and between communities have been amplified, both in Canada and around the world. This has created additional barriers for those from marginalized groups when it comes to accessing their right to physical activity, and improved health. This further impacts mental health, social connections, and more.

Only 16% of people living in Canada meet physical activity guidelines



"It's important for older adults to stay active in order to maintain their ability to live independently in the community"

COVID-19 restrictions have led to more social isolation, and less activity for seniors. Stay On Your Feet is helping people stay social, improve mental health, and get moving.



Conclusion

Today, Canada faces a dual health burden— inactivity and COVID-19. Physical inactivity among all age groups is at a record high, and is contributing directly to chronic diseases, and poor mental health. One of the most efficient and cost effective preventative healthcare tools-- physical activity-- is being overlooked, and under-utilized. Social, economic, and environmental factors create barriers to physical activity for many people living in Canada. Every person living in Canada has a right to good health, and physical activity in all its forms is a critical element of that right. These factors predominantly impact vulnerable communities, and are rooted in inequity, poverty, and discrimination. The COVID-19 pandemic has only served to exacerbate these existing divides, as well as create even more barriers to physical activity. Public health measures have helped prevent transmission of the disease, but these measures, and the realities of life during the pandemic, have proven to limit physical activity in Canada even further.

More physical activity can increase life expectancy by as much as

four years.

Increasing the physical activity of people in Canada offers economic and social value, as well as marked improvements in individual physical and mental health. To do this, we need to make it more accessible, equitable, and safe. Change for Good Health is not the first to identify this need, nor the first time evidence-informed recommendations have been made to address the growing issue of physical inactivity in Canada. Leveraging previous research and approaches, **Change for Good Health has created a unified and collaborative approach** through an integrated physical activity ecosystem. With this document and included target areas for action, we hope to inspire organizations, individuals, and government to enact sustainable changes to policy and practice, leading to a healthier Canada.

Results and Recommendations

The research around physical activity, and the lived experience of vulnerable populations in Canada shows that now more than ever, there is a need for need for evidence-based solutions to the crisis of inactivity. The Change for Good Health initiative gathered to identify six target areas, where action would make the greatest impact. **The steps to identifying these target areas were:**

- Identify a group of diverse participants representing stakeholders across the physical activity sector in Canada
- Undertake a pre-survey, where participants identified the primary need of the initiative as reducing barriers to physical activity for all people living in Canada
- Gather participants in a series of three roundtable discussions, focused on primary issue areas- Children and Families; Mental, Social & Emotional Health; and Health Equity
- Record and review the action areas and strategies discussed by participants in these roundtables, synthesizing them into a single blueprint for action
- Facilitate discussion and revision of this blueprint using an online forum, sparking further conversation and collaboration
- Finalize the targets, goals, and action items for distribution

The most critical component of this process was the collaboration, discussion, and participation of the round table members. Their representation of different sectors of physical activity, from research to practice, allowed this initiative to be a success. The key areas identified during the round table discussions are the direct source of the target areas, goals, and action items that make up this document. A summary of the themes identified over the course of the roundtable discussions can be found below.

Roundtable Discussion Themes

	Children and Families	Mental, Social, and Emotional Health	Health Equity
	<p>Objective: Identify opportunities for children and families in Canada to be more active, improving their physical and mental health</p>	<p>Objective: Identify opportunities for people living in Canada to improve their mental, social, and emotional health through physical activity</p>	<p>Objective: Identify opportunities to improve the accessibility of physical activity services to all people living in Canada</p>
Accessibility	<ul style="list-style-type: none"> Greater availability of transportation to physical activity opportunities; Include physical activity within the school day; Make sports, physical activity, and recreation (SPAR) fun and welcoming for children, with a focus on accessibility, cultural appropriateness. 	<ul style="list-style-type: none"> Develop culturally appropriate physical activity services from within communities to work alongside government strategic planning. 	<ul style="list-style-type: none"> Greater availability of affordable physical activity resources; Incorporate universal design principles and user centered design into all physical activity programming.
Inter-Sectoral Collaboration	<ul style="list-style-type: none"> Re-frame physical education classes to incorporate input from other wellness areas such as mental health. 	<ul style="list-style-type: none"> Emphasize physical activity as a source of social interaction; Improve mental, emotional, and social wellbeing in Canada for other health sector providers. 	<ul style="list-style-type: none"> Develop a comprehensive health ecosystem, focused on population health through the lens of physical health.
Knowledge Translation	<ul style="list-style-type: none"> Establish early positive habits and physical health literacy in children and youth. 	<ul style="list-style-type: none"> Shift mindsets and perspectives on physical activity, with a focus on reducing unhealthy and negative associations around fitness and activity; Increase knowledge translation about physical activity, particularly from medical practitioners. 	<ul style="list-style-type: none"> Improve physical activity literacy for all people living in Canada, and increase knowledge of existing services.

Target Areas and Goals

Evidence from research, and discussion from experts from across the physical activity sector throughout this initiative, has identified the critical need for immediate action in improving access to physical activity for all people living in Canada. The roundtables provided a forum for inter-sectoral discussion, and identification of common interests between organizations, laying the stage for future collaboration, and identifying physical activity as a human right. These discussions also laid the groundwork for the six target areas, goals, and action items, needed to achieve lasting change in the physical activity sector in Canada. Participants have taken an iterative approach, contributing to these action items in an ongoing manner post-roundtable, building collaborative relationships, and setting Change for Good Health up to maintain momentum, and take the next steps toward achieving its vision.

1. Incentives and Cooperation in the Physical Activity Sector

Change for Good Health participants felt that Canada is at a turning point when it comes to physical activity, and recognized that collective action will create the most lasting change for all communities. Therefore, participants identified the need for a collaborative body that coordinates actions as one precursor to successfully achieving the remaining goals.

Bringing together organizations that are working toward the same goal will create a framework for resource and information sharing and also serve

to establish trust and transparency between organizations and communities. Creating a space for sharing lessons-learned will not only reduce duplication of work, but also benefit individuals through more effective program planning and implementation. This is the first step in developing a unified ecosystem around physical activity, in which organizations, government, health practitioners, and physical activity professionals work together to reduce barriers to physical activity in Canada.



1A. Develop a body for collective action that will maintain momentum, create partnerships, and unify participants

- Identify organizations at the regional level to participate in collective planning council and form cooperative coalitions
- Develop a network of regional coalitions within the physical activity sector that will commit time and resources toward advocacy, information sharing, cooperation, and collective action both at the regional and national level
- Identify a methodology for incentivizing participation and cooperation



1B. Develop a platform to share lessons learned, outcomes, methodologies, and best practices between members of the physical activity sector

- Using pooled resources and the network of coalitions, create a transparent and collaborative community for information sharing
- Create data sharing opportunities for network member organizations
- Incentivize participation between members to increase cooperation and collaborative work in program development and implementation

1. Incentives and Cooperation in the Physical Activity Sector



1C. Create an ecosystem for collaboration between the physical activity sector, and other areas such as nutrition, mental health, wellness, and more

- Work with professionals from other closely related sectors to join in the collective approach, and incorporate shared research
- Develop incentives for funding in other areas to acknowledge the importance of physical activity for improved outcomes



1D. Promote awareness of the international documents on sports and fitness that Canada is a signatory to

- Bring the crisis of inactivity to the general awareness through collective action, promotion, and making the global, local
- Use collective action coalition to promote the need for ongoing measurement and evaluation of outcomes related to the international agenda
- Improve shared Canadian knowledge of what is (or is not) happening in physical activity in Canada, and what people are experiencing

What This Looks Like:



Ottawa Sport Council is a collective action organization presenting a unified voice for sport in Ottawa, Ontario. The organization works to coordinate local organizations and government to facilitate action, and provides services such as advocacy, educational resources for providers, planning and collaboration between stakeholders, and funding. They recently published a toolkit to help Ottawa sport organizations return to play safely.

Other resources for collaborative action can be found in Appendix 1.



2. Democratize Physical Activity

A key mandate of Change for Good Health is that all individuals living in Canada should have equal rights and opportunities to access physical activity. By setting goals that focus on incorporating participatory action, accessibility features, and universal design into physical activity, we can make physical activity not only more available, but also more attainable.



2A. Incorporate participatory action into all levels of physical activity program creation and design

- Physical activity organizations commit to incorporating user-centered design practices into program development, involving target communities from planning, onward
 - Establish mechanisms for co-design of appropriate services, through representation of all communities
- Organizations develop, share, and utilize guidelines for a holistic approach to program development
 - Inter-sectoral partnership should be emphasized, utilizing patient oriented research resources, equity, diversity, and inclusion standards, NGO, community, private sector, and environmental design experts, among others
- Create systems for ongoing participant feedback and incorporation into physical activity programming, allowing for greater intersectionality and inclusivity of a variety of needs



2B. Ensure that universal design principles are incorporated into physical activity program creation and design

- Develop physical activity programming that focuses on mixed ability activity, making accessibility for all the universal baseline
- Implement accessibility protocol as a baseline for all physical activity programs
- Develop strategic guidelines for organizations to incorporate universal design principles
- Develop outdoor recreation spaces that are accessible and inclusive

2. Democratize Physical Activity



2C. Enhance accessibility of digital tools for physical activity during and after the pandemic

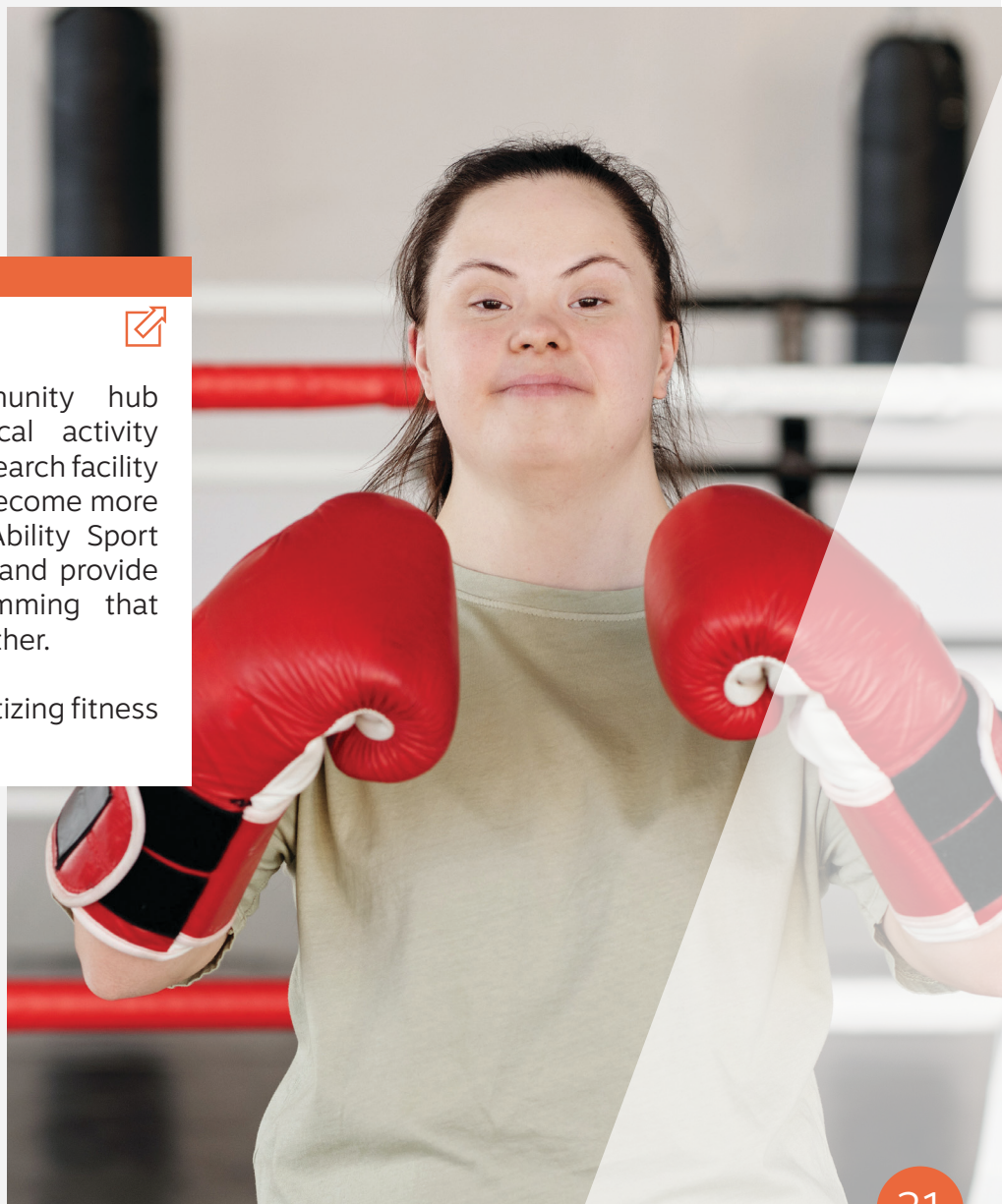
- Create collaborative approaches to delivering broadband access and devices to remote or low-income communities to improve access to online physical activity related services
 - Coordinate advocacy strategy to use existing networks and broadband connectivity efforts (e.g. TelCom, Space Link, etc.)
- Develop strategies for online community development and involvement, with a greater focus on strong social bonds and one-on-one interaction
- Create strategy for use of digital tools as an important component of physical activity service delivery post-pandemic

What This Looks Like:



Abilities Centre is a community hub that provides inclusive physical activity programming, and serves as a research facility to help services across Canada become more inclusive. The Centre's Mixed Ability Sport services allow for full inclusion, and provide sports and recreation programming that everyone can participate in together.

Other resources around democratizing fitness can be found in Appendix 2.



3. Make Activity Welcoming

Perceptions around physical activity can limit access and use of physical activity services. Actionable strategies to break down psychological barriers, and a more holistic understanding of what activity means, will allow physical activity to be perceived as more achievable. Basing strategies and interventions on existing

successful approaches and evidence-based practices to reducing sedentary lifestyles, as well as identifying new strategies involving trusted health professionals, community, cultural, or religious leaders, and those with lived experiences, will create a more lasting change in the health of people living in Canada.



3A. Strategically target and train trusted community leaders, role models, ambassadors, and physical activity trainers to inspire motivation and buy-in

- Develop in-person and online physical activity communities for local buy-in, support, and guidance
- Work with community leaders and trainers to identify key new strategies to help get people active
 - Develop strategies for incorporating physical activity ambassadors or advocates with lived experience, to make interventions more relatable and motivating
- Train health professionals in the delivery of physical activity literacy, available services around activity, and the prescription of physical activity for overall health
 - Encourage health care providers to discuss physical activity, and the negative health impacts of physical inactivity



3. Make Activity Welcoming



3B. Make activity goals more accessible and achievable to individuals in order to reduce barriers to access

- Develop cooperative strategies for the creation and dissemination of tools for individuals, that guide them step-by-step through the process of moving more
- Establish evidence-based micro-changes for physical activity recommendations that will lead to more sustainable lifestyle behavior changes
 - Ensure micro-change recommendations focus on the continuum of physical activity, to encourage an easy entry to reducing sedentary behavior
- Create ownership of facilities and activities within communities, to create safe spaces and a sense of purpose
 - Develop strategies to enhance community ownership of outdoor spaces
- Develop the methodology for an ecosystem approach, incorporating nutrition, medicine, wellness and mental health services, community organizations, and culturally specific spaces, creating a network of support and accountability for those pursuing physical activity
- Work within communities to understand culture specific barriers and resources related to physical activity, to change the mindset around movement- framing physical activity as a space for social connection, therapy, education, and physical health
- Develop methods to incorporate physical activity into common daily activities, with an emphasis on workplace initiatives to encourage regular movement during the day



3C. Change mindsets and language around physical activity, to create a more holistic and accessible perception

- Develop vocabulary and strategy, for inclusion into schools, community organizations, government documentation etc., that restructures thinking around physical activity and movement
- Reframe common areas of physical activity (e.g. physical education in schools) with a focus on movement, play, socializing, mental health, and more
- Incorporate tools and informational resources to redefine mindsets around physical activity, focusing on the importance of movement for physical and mental health, rather than as a tool for weight loss, muscle mass, or activity as a luxury
- Adapt how online physical activity is presented, with a focus on one-to-one social interaction, personal connection, and building enthusiasm for physical activity
 - Continue using these strategies for online physical activity, post-pandemic

What This Looks Like:



PaRx is Canada's first nature prescription program. This evidence-based project works with health-care professionals to improve patients' health by getting them active in nature. Health providers are given resources to give "nature prescriptions", and patients find it easier to trust this advice, which means they get outside, and get more active, more often.

Other resources around making activity welcoming can be found in Appendix 3.

4. Relevant and Relatable Physical Activity

In order to increase accessibility of physical activity for people living in Canada, services must be culturally relevant and address specific community needs. Through interventions that are guided by community members, physical activity will be made more relevant to those who will be participating. This will also help communities

develop a sense of ownership of services, and create a safe space that will make physical activity more accessible. Combined with existing infrastructure, and a focus on accessibility, these interventions will reduce barriers to access by making physical activity services more relevant and relatable.



4A. Help communities develop a sense of ownership over spaces for, and practices of, physical activity

- Involve the full spectrum of grassroots organizations (including sports clubs, municipalities, schools, activity providers, and more) in the planning and development process of physical activity programming
- Provide grassroots and local physical activity organizations with financial and human resources to create sustainable results, and facilitate multi-sector and multi-partner relationships
- Prioritize specific end-users in program development, incorporating culturally specific and relevant methodologies, and patient oriented research



4. Relevant and Relatable Physical Activity



4B. Dedicate resources to making sure that programs are accessible and relevant to their communities

- Train youth and leaders within communities to deliver culturally responsive and land-based activities, with a particular emphasis on green activity
- Ensure that all those delivering physical activity services are committed to intersectional gender equity and a community development approach, and that a proactive effort is made to recruit trainers from all possible backgrounds
- Work with communities to petition local and provincial government to create safe and accessible urban spaces with a focus on active transportation and infrastructure development using universal design principles, encouraging outdoor movement every day- particular emphasis on low-income communities
 - Examples include regular plowing, safe-play spaces, green spaces, pedestrian areas, bike lanes
- Develop strategies to maintain the ad-hoc physical activity structures that have emerged during the pandemic, and create programs utilizing these resources for high-needs communities
- Create relationships between corporate or national organizations and local/community organizations to focus on sustainable grass roots movements for physical activity



4C. Use existing central community locations (such as schools) to encourage families and others to participate in regular physical activity

- Develop partnerships with cultural and community organizations across the physical activity ecosystem to make activity accessible to entire families, in order to begin the development of physical health literacy and physical activity habits for the whole community through their life
- Create accessible school/religious/workplace/community based activities that involve all members of the community in a space where they are comfortable

What This Looks Like:



First Nations Health Authority is a unique organization in British Columbia that focuses on supplementing Canadian health services using First Nations teachings. Aboriginal Head Start On-Reserve Program focuses on delivering culturally responsive and land-based services, by funding communities to develop new early learning and play spaces. This community-based planning allows for services to directly address community needs.

Other resources around making physical activity relevant and relatable can be found in Appendix 4.

5. Train the Trainers

Those who are delivering physical activity services are vital to the process of making physical activity more accessible. Of particular importance is physical activity training for those who work with children and youth, to help instill healthy habits early in life. Specific focus on providing education to physical activity professionals regarding mental health and trauma is a necessary component of

creating more accessible services, particularly post-pandemic. This must include the mental health of people delivering services. As individuals working in the health sector, and providing much needed services, normalizing the importance of mental health and the reality of burnout will create a more welcoming space for physical activity.



5A. Train physical activity professionals in mental, social and emotional wellbeing

- Implement evidence-based trainings for professionals in the physical activity sector to develop skills in working with mental health and behavior change
- Ensure those delivering physical activity are trained to acknowledge and understand signs of poor mental health, in particular trauma as a result of the pandemic
- Train those delivering physical activity services in how to target specific populations with the greatest needs, in terms of mental and emotional support
- De-emphasize the technical component of mental health learning for those delivering physical activity services, and deliver trainings that emphasize emotional literacy and specific aid through physical activity

5. Train the Trainers



5B. Create mental health capacity for those in charge of service delivery

- Create structures of systemic, organizational, and community support, that will help physical activity professionals continue to deliver services while maintaining their own mental health
- Create partnerships between organizations that can support the mental health needs of physical activity implementers
- Develop strategies for broadcasting stories of mental health from those delivering physical activity services to show that it is okay to struggle
- Work with the immediate needs and restrictions of individuals to reduce the burden on volunteers, youth workers, and others delivering physical activity services who are feeling burnt out



5C. Help teachers become more comfortable and involved with movement and accessibility

- Incorporate and emphasize trainings for current teachers that provide information about physical health literacy, activity, and encourage personal activity as well as movement in the classroom, in order to engage youth at a central point
- Deliver curriculums around physical activity and movement for inclusion in teachers college curriculum, and provide resources to encourage and maintain teachers' health and fitness
- Identify opportunities and resources for further in-school support for teachers and students, in promoting movement



What This Looks Like:



Ever Active Schools is a charity based in Alberta, helping teachers to incorporate movement into their curriculums to create long lasting healthy outcomes for all students. With a focus on physical literacy for all kids, this program offers specialized training to teachers who want to enhance the health and well-being of their students.

Other resources around training the trainers can be found in Appendix 5.

6. Early Start Health Literacy



Providing physical health literacy to children and youth has perhaps the greatest potential to address the psychological barriers to accessing physical activity. By imparting positive habits, building skills, offering physical activity opportunities, and knowledge translation early in life, there is greater chance for children, and their families, to become physically active. These foundational skills and habits create healthier lifestyles through adulthood, and into old age. Reaching youth in schools will facilitate this early start, and leave a lasting impact.



6A. Create a foundation in physical health literacy and physical activity that will create sustainable change throughout the lifecycle of all people living in Canada

- Prioritize, through cooperation with school boards and provinces, the renewed delivery of quality physical education for every school child during and after the pandemic, with an emphasis on lifelong physical literacy and health
- Develop strategies to incorporate learning about movement, activity, and physical health into core curriculums
- Deliver school-based physical education classes that are user-centered, inclusive, and offer a wide range of appropriate activities
- Work with provincial education ministries, school boards and all levels of government to change mindsets around physical education, particularly around language



6B. Restructure the Canadian school day to incorporate movement, without increasing the burden on teachers

- Develop and disseminate curriculums that incorporate regular movement into every day traditional learning
- Work with teachers and schools to give credit for physical activity to students
- Work with teachers, schools, government, and external organizations to provide feasible reporting and feedback mechanisms for in-school physical activity
- Work with provincial education ministries and school boards to create feasible changes to the school day that incorporate and encourage movement and physical health literacy

6. Early Start Health Literacy



6C. Make after school and extracurricular activities for youth more accessible and inclusive

- Work with schools, municipalities, and local organizations to create greater availability and awareness of after school activities and sports
- Work with schools, municipalities, and local organizations to reduce or eliminate the financial burden of transportation, as a barrier for many youth to access activities
- Create new opportunities for entire families to be involved in regular physical activity through services provided by the school system
- Develop new funding streams and inter-/intra-sectoral partnerships to implement a greater variety of inclusive after-school opportunities for physical activities

What This Looks Like:



Free Play partners with inner-city schools, to provide accessible recreation to vulnerable youth. Working with low-income families who may not have the resources to pay for services, or access to reliable transport, the program provides free equipment, registration, pickup, and drop-off services. This program improves school performance, skill building, and provides opportunity for social interaction.

Other resources around early start physical health literacy can be found in Appendix 6.



What Next?

Change for Good Health has a singular purpose: To improve the lives of all people living in Canada through equitable access to physical activity.

It's clear that there isn't a quick fix. This has been a chronic and complex problem, worsened by the restrictions and realities of the COVID-19 pandemic. However, participants in Change for Good Health are committed to action and have made clear the importance of addressing the six target areas and the specific goals outlined for each.

During 2021, the following actions will take place:

1 Disseminate report and recommendations

- A.** To participating physical activity leaders for distribution to their organization's internal and external audiences
- B.** To health and fitness policy-makers at all levels of government
- C.** To private sector, Indigenous, charitable and non-profit health, fitness and recreation organizations

2 Advocacy

- A.** Designate Change for Good Health participants to be spokespeople
- B.** Meet with health and fitness policy-makers at all levels of government
- C.** Encourage Canada's most important media sources to share findings and encourage action.

3 Lead The Change

- A.** Hold 2-3 additional roundtable sessions with physical activity leaders to identify specific goals that can begin to be addressed in 2021
- B.** Incubate one pilot program in each of the six priority areas
- C.** Evaluate program impact and share results with physical activity sector

Glossary

24 Hour Movement Guidelines

Canada's guidelines and recommendations for physical activity and sleep over a one-day span to maximize optimal health benefits. While guidelines differ between age groups, for adults 18-64 recommendations include 150 minutes a week of moderate to vigorous physical activity, limiting sedentary behaviour, and getting a minimum of seven hours of sleep per night.⁶⁵

Equitable Access

All individuals have access to affordable, high-quality, culturally and linguistically appropriate service.⁶⁶

Inclusivity

The practice or policy of providing equal access to health and fitness opportunities and resources for people who might otherwise be excluded or marginalized.⁶⁷

Movement

Changing the location or position of the body, with a specific focus on enhancing transport, manipulation, and balance skills for better health and fitness.⁶⁸

Participatory Action

Researchers, implementers and recipients of services work collaboratively, towards social change (in this case to make opportunities for physical activity more available to everyone), through an iterative cycle of research, action, and reflection.⁶⁹

Physical Activity Literacy

The motivation, confidence, physical confidence, knowledge and understanding to value and take responsibility for engagement in physical activities for better health and quality of life.⁷⁰

Physical Activity Services

The professionals, organizations, and auxiliary providers who provide any sort of service related to physical activity (e.g. trainers, doctors, non-for profits, etc.)

Physical Activity

Any bodily movement produced by skeletal muscles that requires energy expenditure. This includes movement during leisure time, transport, or as part of work.⁷¹

Physical Health Literacy

An individual's capacity and access to information, resources, and services regarding physical health, which provides them with the ability, confidence, and desire to be physically active for life.

Physical Inactivity

The non-achievement of physical activity guidelines.⁷²

Sports, Physical Activity, and Recreation (SPAR)

Physical activity is any body movement that raises energy expenditure, while sport and recreation are sub-categories of physical activity that refer to institutionalized and organized practice with rules and activity done for enjoyment, respectively. References to the SPAR sector include public, private, governmental, non-governmental, health sector, and other organizations and individuals that engage in service provision within this realm.⁷³

Strategy for Patient Oriented Research (SPOR)

Patient oriented research is a continuum of research that engages patients as partners, and focuses on patient-identified needs to improve patient outcomes. SPOR is a Canadian strategy for patients, researchers, health care providers and decision-makers to actively collaborate to build a sustainable, accessible, and equitable health care system.⁷⁴

Universal Design Principles

These principles guide design of infrastructure and environment so that it can be accessed, understood, and used to the greatest extent possible by all people, regardless of their ages, size, ability, or disability with the goal of improving health.⁷⁵

WHO Physical Activity Guidelines

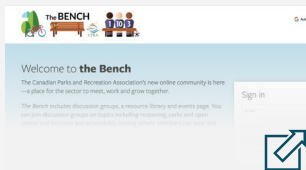
Evidence based recommendations for all age groups on the amount of physical activity required to offer significant health benefits and mitigate health risks. Recommendations for adults (aged 18-64) include 150-300 minutes of moderate physical activity, or 75-150 minutes of vigorous physical activity per week.⁷⁶

Toolkits and Resources

Appendix 1: Incentives and Cooperation in the Physical Activity Sector

The Bench

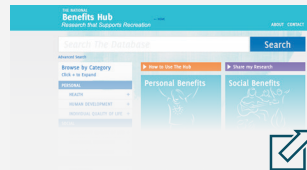
The Canadian Parks and Recreation Association



The Bench is a community for organizations within the sector to meet, work, and grow. There are discussion groups, and resources, oriented towards collaboration and communication.

Benefits Hub

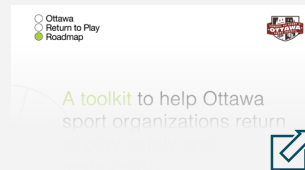
The Canadian Parks and Recreation Association



Benefits Hub is a resource and research sharing website, where people within the physical activity (and other sectors) can share relevant evidence based research on a number of topics.

Ottawa Return to Play

Ottawa Sport Council



Ottawa Sport Council is a network of clubs, organizations and associations, providing resources and information around advocacy, marketing, education, planning, facility sharing, endowment, and other unified services. This includes a number of resources and toolkits for creating a safe return to sport and recreation during and after the pandemic.

Kazan Action Plan

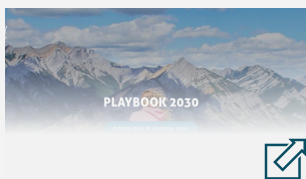
UNESCO



Canada is a signatory to the international charter of physical education, physical activity and sport, including the Kazan Action Plan which marks a commitment to sport policy development and evaluation of achievements.

A Guide to Building Canada's Most Liveable Region

ActiveCITY Collective



ActiveCITY is a collaboration of individuals and organizations in the physical activity sector, working together to create an active economy. They have a variety of toolkits for working together to get communities more active.

Toolkits and Resources

Appendix 2: Democratize Physical Activity

Using Universal Design to Embrace Difference in Sport Planning

Inclusive Sport Design



Inclusive Sport Design has developed a guide to universal design principles, and including them into sport program design, including links to further resources.

Inclusive Co-Design Toolkit

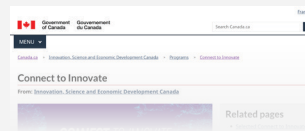
Bridgeable



Bridgeable has published a toolkit designed to help organizations work towards inclusive design, with an emphasis on individuals with language barriers.

Connect to Innovate

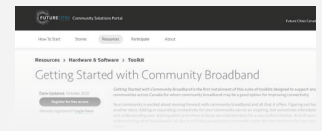
Government of Canada



Given the pressing need for high speed connectivity, and the importance of innovation in digital connection, the need for high speed internet is greater than ever. This resource offers funding and connection to organizations working to get high speed internet to people across Canada.

Community Solutions Portal

FutureCities



This toolkit from Future Cites guides communities in Canada through the process of accessing broadband internet, providing community ownership of this valuable tool.

The Ability Toolkit

CSEP



This toolkit from CSEP was designed to help parents, guardians, or other adults, support their children or adolescents in achieving their movement goals.

Transferability Toolkit

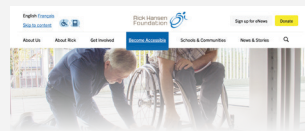
IMAS- MIXAR



International Mixed Ability Sports has developed this toolkit alongside Mixed Ability Rugby for All, to encourage the inclusion of Mixed Ability in sports.

A Guide to Creating Accessible Play Spaces

Rick Hansen Foundation

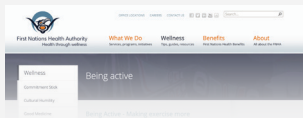


The Rick Hansen foundation has produced this set of guidelines on developing meaningful access within unique spaces.

Toolkits and Resources

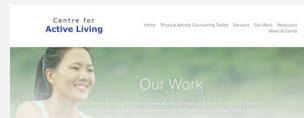
Appendix 3: Make Activity Welcoming

Wellness Stream First Nations Health Authority



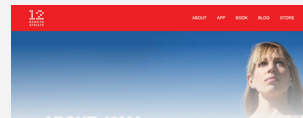
First Nations Health Authority works with Indigenous communities to provide culturally relevant resources around ways to get moving that are relevant to the people they are serving.

Physical Activity Counselling Toolkit Centre for Active Living



This resource from the Centre for Active Living is a tool to help medical and other health practitioners to deliver physical activity recommendations to clients as a part of a holistic health approach.

Growth Mindset 12 Minute Athlete



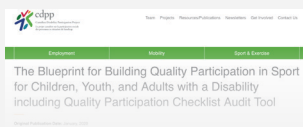
The 12 Minute Athlete site offers resources around micro-changes to encourage fitness, and how to adjust personal mindsets and psychological barriers to exercise.

Resources Prescription to Get Active



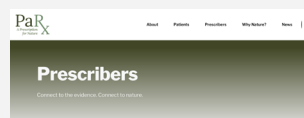
These resources are designed to help healthcare professionals encourage their patients to get moving through a prescription for activity, as well as provide tools to individuals.

A Blueprint for Building Quality Participation in Sport for Children, Youth, and Adults with a Disability CDPP



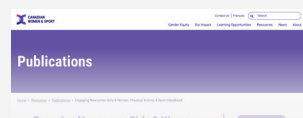
This resource provides tools, resources, and research that can support the development of quality participation in sports programs for people with a disability.

A Prescription for Nature PaRX



PaRX offers quick tips, handouts, and other resources to help healthcare professionals improve patient health by providing prescriptions for nature and movement.

Engaging Newcomer Girls and Women Women and Sport



Women and sport provides a handbook to help engage newcomer women and girls in a more welcoming way.

Toolkits and Resources

Appendix 4: Relevant and Relatable Physical Activity

Mix & Match: Tools to Design Urban Play

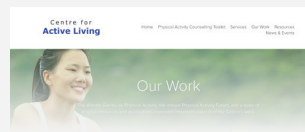
Bernard Van Leer Foundation



This toolkit provides tips, resources, and best practice that can be used when creating urban spaces for physical activity, with an eye to community ownership, and a variety of urban scales.

Active Workplace Audit Toolkit

Centre for Active Living



The Centre for Active Living has designed an active workplace toolkit, which will help workplaces create a supportive environment for employees to become more physically active.

Designing Healthy Living

Public Health Agency Canada



This report offers best practice research and recommendations to raise awareness about how the physical environment of urban areas can affect physical activity and health.

Promoting Physical Activity At Work: A toolkit for workplaces

Northwestern Health Unit

Promoting Physical Activity at Work

A Toolkit for Workplaces



This toolkit provides the research and resources around improving physical activity in the workplace, helping employers to get employees moving.

Physical Activity Approaches At the Ground-Level: Promising Practices Targeting Aboriginal Children and Youth

F/P/T Physical Activity & Recreation Committee, and the Healthy Living Issue Group

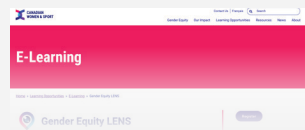
Physical Activity Approaches At the Ground-Level



This report offers a toolkit for working with Indigenous communities for community ownership of physical activity practices.

Gender Equity LENS

Women and Sport



This learning model provides tools and lessons in how to make leadership and programming more equitable.

Toolkits and Resources

Appendix 5: Train the Trainers

6 Days of Managing Uncertainty During COVID-19

Canadian Sport
Institute



The Canadian Sport Institute has developed a set of recommendations and strategies around mental health concerns during the COVID-19 pandemic. These include recommendations for not only practitioners, but also to check in with your own mental health.

Resources SPARK PE



Spark PE offers a variety of resources for educators in the form of both physical activity curriculums, and professional development.

P.O.W.E.R Right to Play



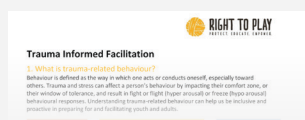
Right to Play provides this resource for facilitators to create safe spaces to play, mentally and physically.

ARAO & TIP Facilitation Guide Right to Play



Right to Play has provided a guide for facilitators to include anti-racist and anti-oppression, as well as trauma-informed play into their work.

Trauma Informed Facilitation Right to Play



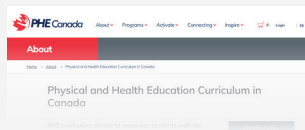
This short document explains the roots of, and need for, trauma informed facilitation for youth.

Toolkits and Resources

Appendix 6: Early Start Health Literacy

Physical and Health Education Curriculum in Canada

Physical and Health Education Canada



Physical and Health Education Canada (PHE Canada) offers a province-specific curriculum to help teachers deliver students with new physical health knowledge that will allow them to be more active and healthier throughout their lives.

Early Years Educators Toolkit

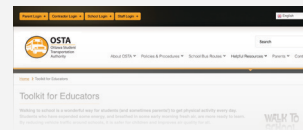
Active for Life



Active For Life provides toolkits and curriculums focused on promoting early years physical literacy in children, through teachers, families, and care providers.

Toolkit for Educators

Ottawa Student Transportation Authority



Ottawa Student Transportation Authority provides resources for educators to encourage active transportation for students.

Learn Better in Active Spaces & Places

ParticipACTION



In collaboration with the government of Newfoundland and Labrador, ParticipACTION has produced a toolkit to help students and teachers move more throughout the school day.

A Toolkit for Developing and Influencing Physical Activity Policy

Physical Activity Resource Centre



PARC developed this toolkit to help physical activity service providers and advocates to influence policy around physical activity.

Physical Literacy Toolkit

In Motion

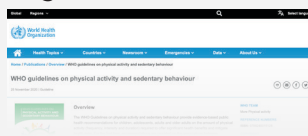


This toolkit was designed with the government of Manitoba to provide strategies to promote physical activity to children and youth through school communities.

Toolkits and Resources

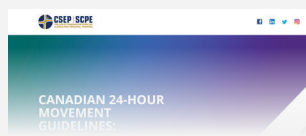
Appendix 7: Relevant Guidelines

Guidelines on Physical Activity and Sedentary Behaviour World Health Organization



The WHO provides these 2020 evidence-based guidelines which recommend appropriate amounts of physical activity for all ages, in order to provide positive health outcomes. These recommendations can be used to provide insight into the goals each population should be striving to achieve for optimal health benefits.

Canadian 24- Hour Movement Guidelines CSEP



These guidelines provide Canada-specific guidelines on physical activity, sedentary behaviour, and sleep. These guidelines are designed to promote the optimal combination of these behaviours for all people living in Canada, with the ultimate goal of improving health for people of all ages.

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