Recreation
Newfoundland & Labrador

Living Healthier
Through Recreation

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Through Recreation



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Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.

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The Role of Community Recreation in Healthy Living

- Provides programs, parks, trails and facilities that promote, foster and support healthy, active lifestyle choices
- Supports promotion and awareness aimed at encouraging active lifestyles and recreation participation
- Largest base of volunteers. Providing quality leadership in delivering programs and services within the grassroots community
- Schools, community health providers and recreation providers are natural partners in the creation of “active school communities”

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The Role of the Municipality

Municipal governments are closest to the people; they are likely to respond more flexibly, more quickly and more effectively to the needs of the community in matters of recreation. For this reason the municipality is the primary public suppliers of direct recreation services.



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Good health and wellbeing starts with recreational living



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Active Living
"Foster active living through physical recreation"


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Inclusion & Access
"Increase inclusion & access to recreation for populations that face constraints to participation"


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Connecting People & Nature
"Help people connect to nature through recreation."


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Supportive Environments
"Ensure the provision of supportive physical & social environments that encourage participation in recreation & build strong, caring communities."


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Recreation Capacity
"Ensure the continued growth and sustainability of recreation."

How does your community measure up?



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find your fit!

A province wide campaign designed to increase awareness of physical activity through targeted events, community challenges & communication supports

HIGH FIVE

The best way to play™

HIGH FIVE is Canada's only comprehensive quality assurance program for children's recreation and sport programs.

Eat Great and Participate

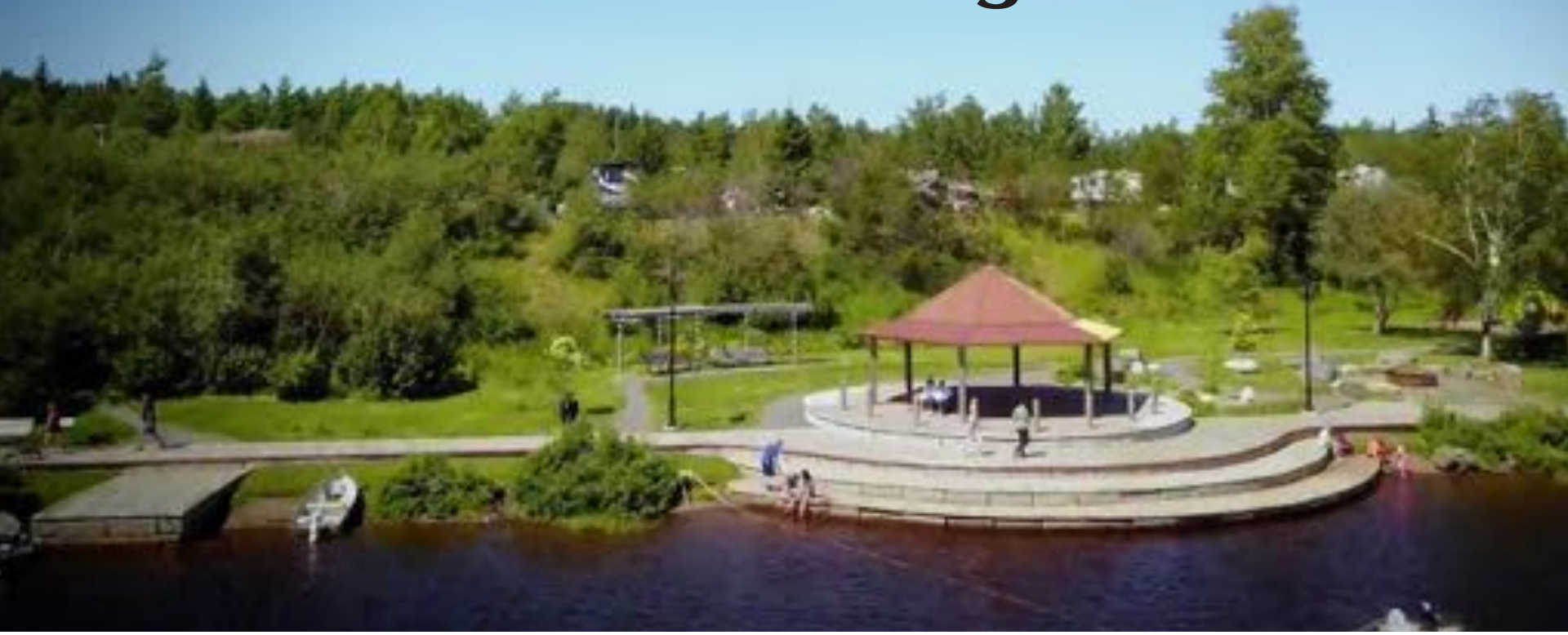
Promotes healthy eating to children and youth and works to increase access to healthy food and beverage choices in recreation, sport and community settings across the province.

Inclusive Recreation

Provides advice, guidance and support for inclusive recreation through workshops, grants and resources that support our communities with inclusive practices.

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48th Annual General Meeting & Conference



Save the Date

May 23 - 25, 2019

Grand Falls-Windsor, NL

Grand Falls·Windsor
| perfectly centered |

709-729-3892
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#RNL2018

All Recreation Newfoundland and Labrador initiatives and programs are supported by the Government of Newfoundland and Labrador, Department of Children, Seniors & Social Development.

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THANK YOU

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