

Fitness and Recreation Canada

Fitness and Recreation Canada supports programs for the encouragement of a healthy "lifestyle" for all Canadians through an appreciation of the nature and benefits of fitness activities and increased participation in physical recreation. Such activities range from simple exercise programs, suitable to an individual's personal needs and physical limitations, to mass leisure participation in a sport or recreational pursuit.

- (1) Resource development —
 - development and operation of recreation programs, leadership clinics and seminars;
 - support of national associations for the physically-disabled;
 - salaries and travel expenses of full-time executive and technical staff of national associations;
 - contributions to provincial and territorial native peoples' organizations and to *métis* and other groups to develop sport and recreation programs that enable them to compete in the general Canadian sport arena.

- (2) Communications —
 - support of ParticipAction as a promotional vehicle to educate and motivate Canadians to become more physically active;
 - the Canadian Home Fitness Test, a simple, safe, self-administered test of cardio-respiratory fitness;

employee-fitness programs, designed to implement and measure the effects of a fitness and "lifestyle" intervention program;

sport and recreation facility studies;

wilderness fitness trails;

an "exercise break", set to music, produced as an aid to leaders and health professionals to introduce the benefits of physical activity into places of work and educational and other institutions;

recreation-development conferences;

the Canada Fitness Award Program for boys and girls from seven to 17;

the Sports Demonstration Project, for people of all ages, which travels to communities across the country to encourage mass involvement in sport and recreation activities of all kinds.