

connections on such projects as marital relations, parent-child relations and family budgeting. Counseling and recreational services for older or retired people are being developed by many agencies, and child and youth organizations with vocational and character building programs offer group participation in physical education, camping, the development of special skills, and other opportunities for leisure activities. Welfare councils and community planning councils continue to be planning and co-ordinating of local welfare services.

Fitness and recreation are encouraged and promoted under the Federal Fitness and Amateur Sport Act (1961), under which grants are made to national organizations to assist national and international aspects of the program and to provinces to develop and extend community efforts.

The following are some of the projects which are being carried out in the field of fitness and recreation:

Project Name	Description
1. National Fitness Council	Established in 1961, this council is responsible for the development and promotion of fitness and recreation programs across the country.
2. Provincial Fitness Councils	Established in each province, these councils are responsible for the development and promotion of fitness and recreation programs within their respective provinces.
3. Community Fitness Programs	These programs are developed and implemented by local community organizations, such as schools, clubs, and recreation centers.
4. National Fitness Week	Established in 1961, this week is a national celebration of fitness and recreation, with various activities and events held across the country.
5. National Fitness Council Grants	These grants are provided to national organizations to assist them in the development and promotion of fitness and recreation programs.
6. Provincial Fitness Council Grants	These grants are provided to provincial organizations to assist them in the development and promotion of fitness and recreation programs.
7. Community Fitness Program Grants	These grants are provided to local community organizations to assist them in the development and implementation of fitness and recreation programs.