

Activate



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The WECALC receives an award!

On June 18th, 2007 at the BANA Annual General Meeting, the WECALC was honoured with the 2007 Community Health Award.

This award is given to a non-profit agency who demonstrates a commitment to enhancing healthy lifestyles.



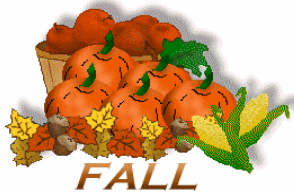
Karen Lukic & Luciana Rosu

Over the past 15 years, the WECALC has been involved in numerous projects with the aim of increasing physical activity opportunities for residents of Windsor and Essex County.

Projects such as Sneaker Day, Summeractive, Winteractive, Family Active Guides, Stair Posters, the Get Out Media Marketing Campaign, Greenway Clean-up Day, Trails and Sidewalk Promotion,



Active Transportation Advocacy, Library Walking Kits, and so much more. The WECALC looks forward to the next 15 years, and hopes that we continue to be a strong, committed group of professionals with a passion for physical activity.



Congratulations! WECALC Celebrates 15 Years



The Windsor-Essex County Active Living Coalition (WECALC) was formed in the fall of 1992. An opportunity to apply for funding served as the impetus for the formation of the coalition. The Windsor-Essex County Health Unit invited over thirty

organizations who were identified as having a common interest in promoting physical activity to a workshop to discuss the merits of, and interest in forming a community coalition to promote and support healthy active lifestyles for all Windsor-Essex

County residents. Nearly all those who attended the workshop expressed their interest in forming and supporting an Active Living Coalition. Thus, WECALC was born! Congratulations on 15 years of excellence.



Trail Kick-off in Harrow

On Saturday, June 23, 2007, the Essex Trails, Walkways, and Bikeways Committee celebrated the rejuvenation of the Harrow Kinsmen Participark Trail (located behind Harrow Arena) with a kick-off event. This trail, created many years ago, was overgrown and not widely used. The committee decided to bring in the heavy

machinery, and volunteers. Over 30 truckloads of packed gravel were spread out on the trail and walking paths were added, widened, and cleaned up, thanks to the hard working volunteers from the Essex Trails, Walkways, and Bikeways Committee and generous equipment donations and staff support from Battle-

field Equipment Rentals. The trail is now more accessible to all types of users.

Those who stopped by during the kick-off were treated to free refreshments, and a variety of free information about healthy living and upcoming projects on the committee's agenda.

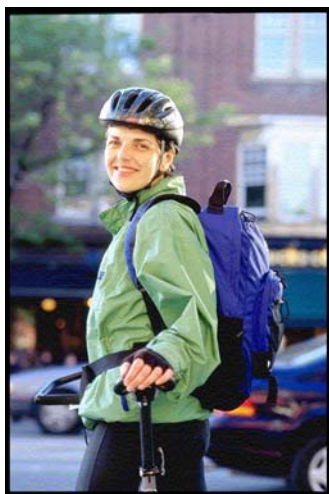
SWARG receives CLAF Grant for "in motion"

Congratulations to the Southwest Area Recreation Guild (SWARG) for receiving a \$36,450 grant from the Communities in Action Fund. The planning phases for this program will be beginning early this September.

in motion is a social marketing strategy that encourages physically active lifestyles and is a huge initiative for our area. Stay tuned for more to come from *in motion*!



Bike Friendly Workplace Awards



Congratulations to our 2007 Bike Friendly Workplace Award Winners!

Creating a bike friendly workplace has many benefits such as increased employee productivity, decreased parking and fuel costs, and is environmentally friendly. Making a workplace more bike friendly is simple, and can be as easy as adding bicycle racks or providing incentives for cyclists. Any investment a workplace makes towards becoming bike friendly is worthwhile. Studies have

shown that employees who engage in moderate physical activity have fewer sick days, increased energy, and more creativity than their sedentary co-workers. The 2007 Bike Friendly Workplace Award Winners are:

GOLD:

- Lear Corporation
- GM Transmission

BRONZE:

- Citizens Environment Alliance
- First Stop Services

The awards will be given at the Working Towards Wellness Annual Awards Breakfast Event, sponsored by the Windsor-Essex County Health Unit, scheduled to take place on October 24, 2007 at the Ciociaro Club. Thank you to all workplaces who submitted an application. Congratulations to the winners!

Walk the Dog and Win Contest October 1-14th, 2007

People and their dogs need to be active to be healthy. Our modern lifestyle, filled with many conveniences has made many of us (and our dogs!) more sedentary. Sitting in front of computers, TVs, and in cars is contributing to less physical activity. For the 6th consecutive year, Health Action



Teddy enjoys a day at the beach.

Windsor-Essex and the Windsor-Essex County Health Unit are sponsoring the "Walk the Dog and Win" Contest in an effort to promote regular physical activity through dog ownership.

Why dog walking?

Walking is the most popular form of physical activity in Canada. Walking is inexpensive, can be done anywhere, at anytime and requires little skill and equipment. Dog owners have the added incentive to walk since dogs are very reliable walking partners and need the exercise to maintain their health too.

How does the contest work?

Participants must agree to walk with their dog for at least 4 days per week, for 30 minutes per day during the 2 week contest period (October 1-14, 2007).

How to enter:

Participants can enter on-line at:

www.walkthedogandwin.org,

or obtain a ballot from participating vet clinics, the health unit, or download an entry form on-line and mail it to:

Windsor Essex County Health Unit
Attn: Karen Lukic
360 Fairview Ave. W Suite. 215
Essex, ON N8M 3G4



Mocha the min pin walks every day!

Did you know?

The longest walk by a female was 31,521 km by Ffyona Campbell of the UK. She walked around the world in 5 phases covering four continents and 20 countries.



World Record Walk Attempt, October 3, 2007



On Wed, October 3, 2007 at 12:30 pm EST, Ontario will attempt to break the Guinness World Record for the most people walking one kilometer at the same time.

The current record is held by Western Australia, with 100,915 participants in September of 2006.

In order to celebrate the WECALC's 15 years as a coalition, the WECALC (in partnership with SWARG and *in motion*) will be planning a large group walk at **Jackson Park**.

All walkers should report to the park by 12:00 pm on October 3rd, 2007 to be organized and counted. A 1 kilometer route will be marked out for us by Parks and Rec.

This is intended to be a fun event, where the message of being physically active will be at the forefront.

What a great opportunity to be a part of history! To add your group to the WECALC walk at Jackson Park, please contact Karen Lukic by Sept 15, 2007 at 519-258-2146 ext. 3109 or klukic@wehealthunit.org



October 3, 2007 at 12:30 pm EST is the World Record Walk Attempt!
Join us at Jackson Park!

Windsor-Essex County Active Living Coalition

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VISIT US ONLINE
WWW.WECHEALTHUNIT.ORG/
PHYSICALACTIVITY

Our mission is to promote and encourage active living and improve the health of Windsor-Essex residents.

Local Active Events

September

Sept 2: "Tour di Via Italia Bike Race", Erie Street, Windsor. www.tourdiviaitalia.com

Sept 14-16: "Olde Sandwich Towne Festival", www.oldsandwichtowne.com

Sept 16: "The Terry Fox Run", Assumption Park, Windsor. 519-945-7160.

Sept 23: "Get to the Point 1/2 marathon, 5 km", Point Pelee. www.runningfactory.com

October

Oct 7: "5 k to stomp out stigma" Fundraiser, Assumption Park, Windsor. 519-962-6828.

Oct 19 and 26: "Night Life Hike", Point Pelee, 519-322-2365 ext. 200.

Oct 21: "Harvest at the Homestead", John R. Park Homestead. 519-738-2029.

Local Active Events

November

Nov 24: "Amherstburg Santa Claus Parade", Richmond St. www.santaparade.org

Nov 24: "Leamington Christmas Parade", www.leamingtonchamber.com

Nov 25: "Christmas in the Village", Canadian Transportation Museum, Essex. www.ctmhv.com

