



Robert Little Quality Daily Fitness leaders demonstrate fitness routines on a DVD which forms part of a new CIRA resource entitled Everybody Move! Daily Vigorous Physical.

Everybody Move

STORY AND PHOTOS BY KAREN COLEMAN

Marie Burland's grade 3 students at Robert Little Public School, in Acton, have a great deal to be proud of in their teacher. Not only has she been inspirational in encouraging Quality Daily Fitness throughout the school for the past two and a half years, she has now co-written a book, with the help of John Byl, President of CIRA (Canadian Intramural Recreation Association) Ontario, that promotes and advocates a daily fitness routine for both school children and seniors alike.

A music CD and a DVD demonstrating the choreography for some of the activities discussed in the book, forms part of a new CIRA Ontario resource, entitled *Everybody Move! Daily Vigorous Physical*.

Featured on the DVD are students from Robert Little P.S. in Acton and George Kennedy in Georgetown, as well as seniors from The Acton Senior Fit & Fun group. TVO Kids provided two of the songs on the CD.

"It was hard to choose the QDF leaders for the DVD," said Marie Burland, during a presentation of the DVD on Friday last week, "they are all so good." This was apparent as all 40 of the *Quality Daily Fitness* leaders demonstrated some of the fitness moves on the DVD during the assembly, which had the whole audience joining in, tantamount to Marie's success with the daily fitness program she's been running for two and a half years at the school.

Marie's idea for the book came about a year ago, after she received several emails, from as far away as Moscow, expressing a need for a fitness program, like the one she promoted at Robert Little. After talking to the then principal, Don Warren, and Deboarah Courville, Physical Education Co-ordinator at the Halton District School Board (HDSB), a committee of seven was formed to begin the project.

With the aid of an ACTIVE 2010 Communities in Action Fund grant of \$74,400 awarded to CIRA Ontario by The Ministry of Tourism and

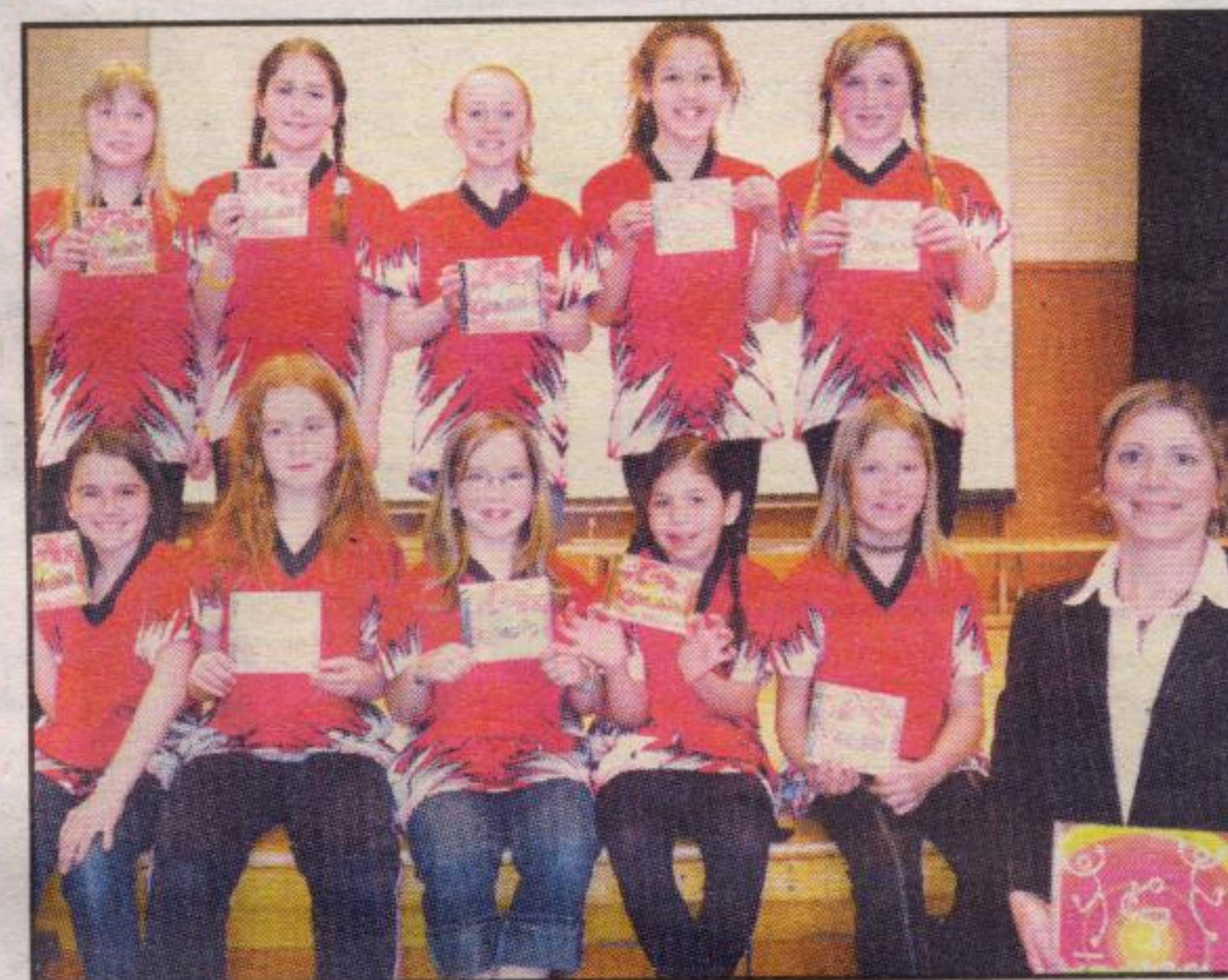
Recreation last October, the Everybody Move! project will potentially increase the daily physical activity of 142,000 elementary school children, as well as older adults.

"This grant helped us to produce the CD and DVD to support the book, and will enable us to conduct free workshops throughout the province," says Marie.

"ACTIVE 2010 will help create a culture where participation in sport and physical activity become an integral part of life in a healthier Ontario," said Premier Dalton McGuinty.

The project has been endorsed by Ethel Gardner the HDSB trustee, Halton Hills Mayor Rick Bonnette and Robert Little's principal Leona Skanes, who thanked Marie for everything she's done for the school.

The resource is available free to members of CIRA Ontario. For information on how to join CIRA contact 905-575-2083 or email cira.ontario@mohawkcollege.ca



Marie Burland, pictured right, presented the ten QDF leaders with a copy of the DVD in which they were featured. From left to right they are (front row) Melissa Benham, Holly Engstrom, Meghan Davidson, Jazmin Grande, Allison Baker, (back row) Taylor Hunt, Jaslynn Bourgeois, Amelia Torrance, Andreia Apolinario, Erin Hamilton.

The Regional Municipality of Halton
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The Halton Diversity Advisory Committee (HDAC) Public Information Sessions in Milton and Halton Hills

After receiving grant funds from the Canadian Heritage Multiculturalism Program last spring, the Halton Diversity Advisory Committee (HDAC) has started its three-year project to address barriers that members of Halton's diverse communities may face when accessing Regional services. A series of focus groups have been conducted throughout the Region and Dr. Ingrid Waldron, a diversity consultant, will be presenting her preliminary findings at the following Open Houses:

Milton
Wednesday, April 27, 2005
7:00 p.m. to 9:00 p.m.
The Grand Chalet
324 Steeles Ave. East, Milton

Georgetown
Wednesday, May 4, 2005
7:00 pm to 9:00 p.m.
Georgetown District High School
70 Guelph Street, Georgetown

You are invited to join members of the Halton Diversity Advisory Committee (HDAC) in an open discussion regarding access to the Region's services by Halton's diverse communities.

On-site childcare and interpretation services will be available for participants but pre-registration is required. If you wish to book childcare space, an interpreter (ASL or other languages), or require more information, please call 905 825-6000 ext. 7972.

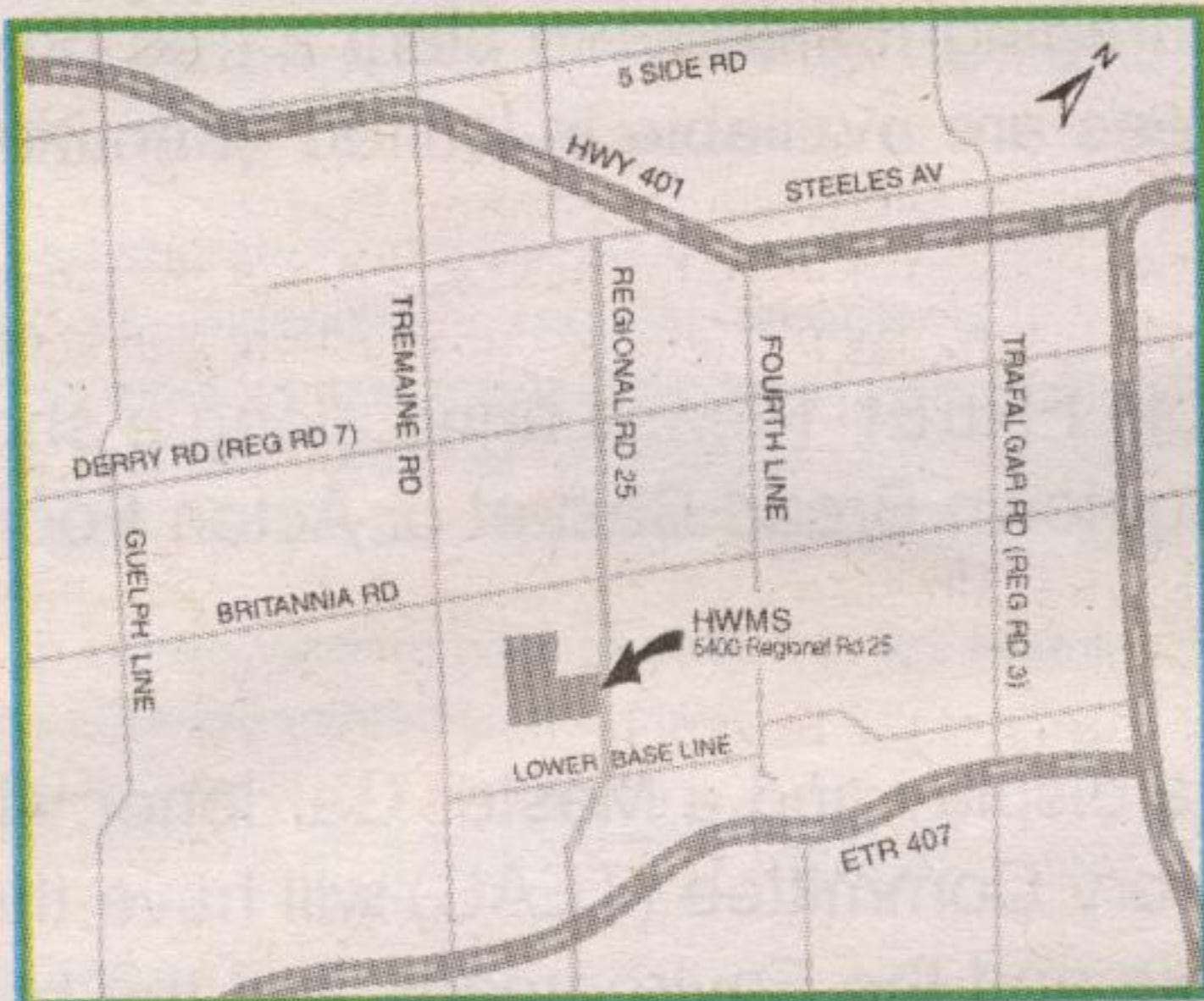
The Halton Diversity Advisory Committee (HDAC) was established as an advisory body to Regional Council and they are interested in hearing from you.



Tire Drop Off Day

Saturday, April 23, 2005
8:00 a.m. - 3:00 p.m.

- Halton residents are welcome to drop off up to eight passenger tires (rims included), free of charge.
- Bicycle and wheelbarrow tires will also be accepted.
- Commercial vehicle, truck and tractor tires cannot be accepted.
- Tires are not accepted as part of Halton Region's regular or bulk waste collection programs.
- Non-perishable food or cash donations will also be gratefully accepted on behalf of Halton area food banks.



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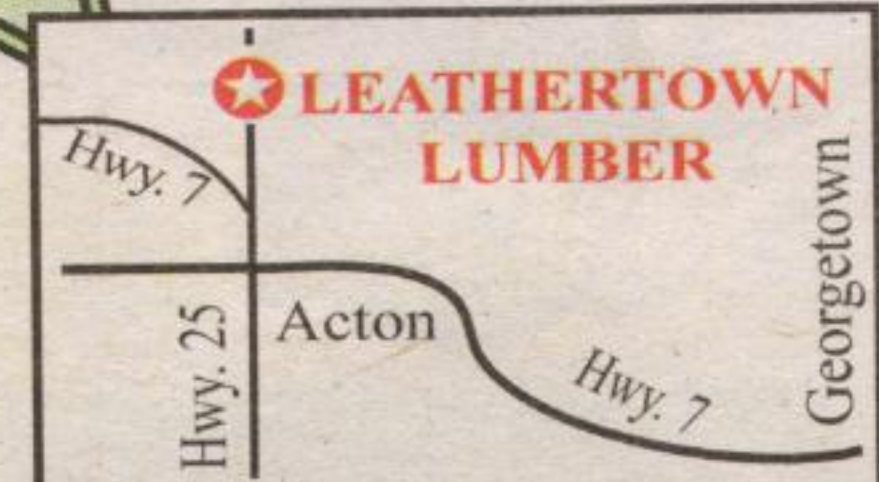
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