

# Alberta Active After School e news



## AB Active After School

### *Increasing physical activity in Alberta through after-school programs!*

Did you know that nearly 50% of Canadian kids are not reaching the national physical activity guideline of 60 minutes of moderate to vigorous physical activity (MVPA) every day, but are within 30 minutes of reaching that mark?

The after-school hours are a critical time where children and youth can often be without adult supervision due to the school and work day times not lining up. By providing an opportunity for children and youth to engage in physically active and supportive after-school programs, there is a great opportunity to positively impact their health, well-being and safety.

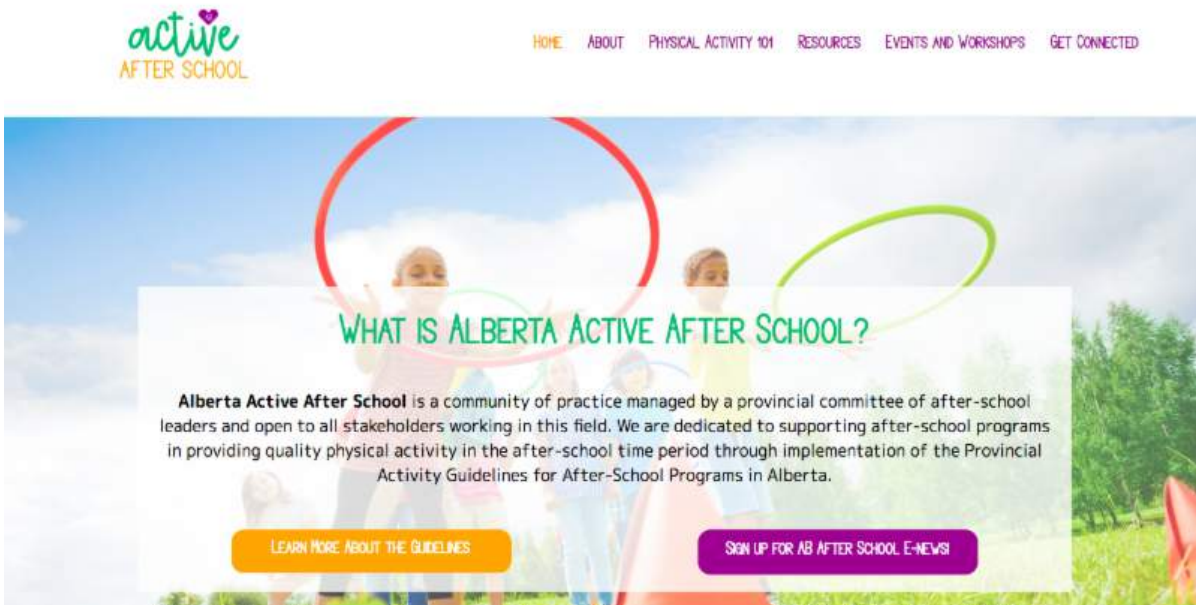
In 2018 a new set of [Provincial Activity Guidelines for After-School Programs in Alberta](#) was released, which recommends that all after-school programs in Alberta strive to incorporate 30 minutes of MVPA throughout their programming time.

AB Active After School is an initiative dedicated to supporting after-school programs in providing quality physical activity in the after-school time period through implementation of the Provincial Activity Guidelines for After-School Programs in Alberta.

## NEW Website

We're excited to announce that we've launched a NEW Website to support after-school programs in Alberta in implementing the Provincial Activity Guidelines.

Check it out at [abactiveafterschool.ca](http://abactiveafterschool.ca)!



## FREE Online Training Module

AB Active After School offers a [FREE 45-minute online training](#) for after-school programs to become familiar with the guidelines and how to successfully implement them in any space. Until June 30, the first 300 after-school programs in Alberta to complete the training will receive a free resource valued up to \$25.00 to incorporate into their programming.



What are you waiting for? Let's get #ActiveAlberta!

Check out [abactiveafterschool.ca](http://abactiveafterschool.ca) for more information and to take the online training module.

## Upcoming Training - Lethbridge, AB



Are you located in the Lethbridge area? If so, check out our upcoming professional learning opportunity for after-school programmers, at the Lethbridge College, June 22nd, 2019.

Join AB Active After School for the day to learn about the NEW Provincial Activity Guidelines for After-School Programs in Alberta and ways to incorporate them into your after-school programs.

Ever Active Schools and the Lethbridge Be Fit For Life Network will be providing workshops related to physical activity so that you can return to your program on Monday with some tips and tricks!

Registration is just \$25.00 + taxes and fees (lunch included).

Register now by visiting: <https://lethbridgeafterschool.eventbrite.com>

Located outside Lethbridge but interested in a similar training opportunity? Visit [abactiveafterschool.ca/events-and-workshops/](http://abactiveafterschool.ca/events-and-workshops/) to see if there is an opportunity in your area, or email Louise McClelland at [louise@everactive.org](mailto:louise@everactive.org) to request one.

## About this e-Newsletter

This electronic newsletter is disseminated 4 times a year (January, March, June and September) and is designed to help navigate and identify resources available for after-school programs in Alberta.

Interested in viewing previous editions? [Click here.](#)

Know of someone else who may benefit from receiving this newsletter? Please have them [sign up here](#) to receive future editions of the Alberta Active After School e-News.



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