

PROGRAMS FUNDED BY HEALTHY LIVING PEEL

Name of Program: **Heart Health and Multicultural Youth**

Program Goal: To increase the physical activity, healthy eating and smoke free living among South Asian Youth in the Region of Peel.

PROGRAM ACTIVITIES:

The Heart Health and Multicultural Youth program was implemented among the South Asian youth. The program adopted the Toronto Heart Health Youth Leadership program. Youth participated in the physical activity, healthy eating and smoke free living workshop. Two basketball teams were formed and youth enjoyed the healthy refreshment after each practice and game. Canada's new food guide was introduced. TV and Radio programs were used to reach the youth by youth.

Name of Program: **Peel Children in Action**

Program Goal: To increase the physical activity and healthy eating among South Asian children in the Region of Peel.

PROGRAM ACTIVITIES:

The Peel children in Action (PCIA) program was implemented among the low income South Asian families' children. The program involved children ages 4 to 13 in the physical activity and healthy eating programs. CARE program Kit was a great resource to PCIA program. Children participated in the cultural physical activity games along with basketball, soccer and art and craft. Canada's new food guide was introduced and children were provided with healthy refreshment followed by their each game. TV and Radio programs were used to reach the high risk low income group children.

Name of Program: **Punjabi Seniors in Action**

Program Goal: To increase the physical activity, healthy eating and smoke free living among the Punjabi seniors in the Region of Peel.

PROGRAM ACTIVITIES:

The Punjabi Seniors in Action program engaged the Punjabi seniors in adopting a healthy lifestyle. Seniors participated in physical activity by Walking, Meditation, yoga and Stretch Breaks. Seniors were encouraged to increase fruits and vegetable intake and decrease the intake of fried foods such as samosas, pakoray and sweets in their diet. Awareness raising presentation was delivered about the harm associated with smoking and encouraged those to quit smoking who were smoking.

Name of Program: **Peel Women in Action**

Program Goal: To increase the physical activity and healthy eating among South Asian Women.

PROGRAM ACTIVITIES:

The Peel Women in Action program served the South Asian women by involving them in physical activity and healthy eating programs. Women participated in the yoga classes, walking programs and Punjabi folk dances. 4 presentations were organized on the importance of physical activity and ways to live physically active. 4 workshops were organized on healthy eating which included the presentation and cooking classes. Program reached the South Asian women via TV and Radio program.