

## I've completed my application, now what?

When your application is complete send it to:

Ashley Brooker  
Municipality of the County of Kings  
87 Cornwallis Street  
Kentville, Nova Scotia  
B4N 3W3

Phone: 902-690-6124 Fax: 902-679-0911  
E-mail: abrooker@countyofkings.ca

### The following Organizations work together to manage the Active Kids, Healthy Kids Fund:

Nova Scotia Department of Health and Wellness

EKM Health Foundation

Eastern Kinds Community Health Board

Central Kings Community Health Board

Kings County Parks and Recreation

Town of Wolfville

Town of Kentville

Village of New Minas

Village of Canning



## I have questions about my application, who do I call?

If you have any questions about the Fund or about the application process, you can contact one of the program partners below:

### EKM Health Foundation

Phone: 902-542-2359

E-mail: foundation-ekm@avdha.nshealth.ca

### N S Department of Health and Wellness

Phone: 902-679-6121

E-mail: anna.sherwood@gov.ns.ca

### Central Kings Community Health Board

Phone: 902-681-2524

E-mail: ckchb@avdha.nshealth.ca

### Eastern Kings Community Health Board

Phone: 902-542-1244

E-mail: ekchb@avdha.nshealth.ca

### Kings County Parks and Recreation

Phone: 902-690-6124

E-mail: abrooker@countyofkings.ca

### Village of New Minas

Phone: 902-681-6577

E-mail: village.newminas@ns.aliantzinc.ca

### Town of Wolfville

Phone: 902-542-3486

E-mail: awebber@wolfville.ca

### Town of Kentville

Phone: 902-679-2539

E-mail: recreation@kentville.ca

# Eastern Kings County

## Active Kids, Healthy Kids Fund



Assisting youth and their families to lead physically active lifestyles

## What is the Active Kids, Healthy Kids Fund?

As a partnership between the Nova Scotia Department of Health and Wellness, Eastern Kings Memorial Health Foundation, the Eastern and Central Kings Community Health Boards, the County of Kings, the Village of New Minas and the Towns of Kentville and Wolfville the Eastern Kings Active Kids, Healthy Kids has funds available to support local groups and organization to improve health through increasing physical activity levels in children and youth.

Funds are available to communities in Eastern Kings County (including the communities of Grand Pre, Gaspereau, Wolfville, Greenwich, Port Williams, Canning, Scotts Bay, Halls Harbour, Sheffield Mills, Centreville, Kentville, New Minas, North/South Alton, Coldbrook and surrounding areas).

**No project is too small, so be creative and submit your applications!**

## The Principles of Physical Activity

“Physical Activity” is the movement of major muscle groups and includes the components of cardiovascular endurance, flexibility and strength.

**Did you know that children and youth require 60 minutes (accumulated) of moderate daily physical activity?**

Presently, children in Nova Scotia are falling far behind this standard. Through the Active Kids, Healthy Kids fund we hope to make improvements in those statistics.

### Past Projects

**In the past, projects have included...**

Skipping Clubs  
Football Clubs  
Story Walks  
Youth Fitness Programs  
Youth Running Events  
Indoor Curling and Golf equipment

## I want to apply for funding, how do I do that?

**Helpful hints for completing your application**

**Your application should...**

- Involve inactive youth in physical activity
- Offer an opportunity for leadership development
- Have an ability to record/report on the outcome of the project
- Involve youth in the planning and/or leadership
- Support physical activity and/or physical literacy
- Create supportive environments and policies
- Build on what is already available in the school, community and home by providing new opportunities (fill perceived “gaps”)
- Make use of resources already available to your organization
- Have a plan to sustain the project
- Not be a duplicate service

**Application Deadline**

**September 16, 2016 at 4:30pm**

**Projects targeting older youth (13-18) are encouraged.**