



**Naturally Active for Life Victoria County (Est. 2011) – Municipal Physical Activity Strategy
6th Annual Victoria County Fall Harvest ActiveFest 2017
Funding Assistance Application**

Guidelines

*****Please Indicate If You Have or Will Apply for Other Funding Sources From The Municipality of the County Of Victoria (A. Municipal Council / B. Councillor District Fund or C. Recreation Department) for this special event*****

YES _____ NO _____ *If yes, please explain:* _____

Overview

Naturally Active for Life Victoria County (Est. 2011) (Municipal Physical Activity Strategy) would like to support and assist our community volunteers, leaders, organization, facility operators and service providers in offering physical activity opportunities enhancing our upcoming 6th Annual Victoria County Fall Harvest ActiveFest 2017. Initiatives in the past contributing to our successes have included walking, guided hikes, open houses, learn to, programs, ceilidhs, entertainment, dinners, fitness, dancing, yoga, community festivals/events, etc.

For further information, details and funding assistance, please visit:
<https://naturallyactivevictoriacounty.com/events/fall-harvest-activefest/> In partnership, we can contribute to increased physical activity &/or healthy eating during our 6th Annual Victoria County Fall Harvest ActiveFest **October 6 – 31, 2017** in communities throughout Victoria County benefiting residents & visitors.

Projects should follow the **Guidelines set in Canada’s Food Guide and the Physical Activity & Sedentary Behavior Canadian Guidelines:**

Age	Clock	Intensity	Strength	More	sedentary	
1 – 4	180 min/day (3 hours)	More is better	Play	Variety	2 yr – none 2–4 yr < 1 hr	Limit sitting
5 – 11	60 min/day (1 hour)	More is better	Vigorous 3 days/wk	Strength 3 days/wk	< 2 hr/day	Limit sitting
12 – 17	60 min/day (1 hour)	More is better	Vigorous 3 days/wk	Strength 3 days/wk	< 2 hr/day	Limit sitting
18 – 64	150 min/wk (3 hours)	More is better	Moderate - Vigorous 10 min bouts	+ Strength 2 days/wk	No guideline	No guideline
65 +	150 min/wk (3 hours)	More is better	Moderate - Vigorous 10 min bouts	+ Strength 2 days/wk	No guideline	No guideline
Multiple Sclerosis	30 min 2 days/wk		Moderate	+ Strength 2 days/wk	No guideline	No guideline
Spinal Cord	20 min 2 days/wk		Moderate - Vigorous	+ Strength 2 days/wk	No guideline	No guideline

This limited 6th Annual Victoria County Fall Harvest ActiveFest 2017 Assistance Fund provides support in partnership for activities and projects that increase physical activity & healthy eating, providing new or expanded opportunities for Victoria County residents to be active, eat healthy and provides opportunities for residents to try new activities increasing their skills in that particular activity in the Fall - October 2017.

The objectives of the assistance fund are to

- increase opportunities for Victoria County residents to engage in physical activity & healthy eating as part of their everyday life
- increase public awareness of the benefits and enjoyment of physical activity
- encourage the participation of those who are not currently active
- encourages try it/learn to opportunities for new participants to develop skills

If you would like to take the lead in your community to start a new initiative or Expand an existing initiative or offer Learn To/try it opportunities - you can apply for a Victoria County Physical Activity Strategy Fall Harvest ActiveFest Special Event Grant to do so. **Funds (50% cost-shared) are available to a maximum of \$200 in partnership.**

Deadline

Deadline for applications is **September 22, 2017**. Funding has been earmarked specifically for Special Event Physical Activity, Healthy Eating and learn to/try it with specific dollars for each. If a grant meets the criteria, they'll be awarded immediately with cheques within two weeks of being approved. If you receive assistance, all money must be spent by October 31st, 2017

Evaluation / Final Report

Please provide an Evaluation/Final Report for your initiative one month following the completion of your Fall Harvest ActiveFest program, activity, event, etc. (November 30, 2017)

Assistance Fund Application Form

Please complete the following information:

Program/Activity/Event Name: _____

Sponsoring Group/Organization: _____

Sponsoring Group/Organization

(Your non-profit organization or the one you are affiliated with for this project must be registered with The NS Registry of Joint Stock Companies under the Society's Act and carry insurance)

* Registry of Joint Stock Organization #: _____

If the application is successful, to whom should the cheque be written?

(If different from sponsoring group/organization as written above): _____

Applications must include contact information for two representatives from the organization(s) applying.

1.) Contact Person: _____

Mailing Address: _____

Postal Code: _____

Telephone: _____ Cell: _____ Fax: _____

Email: _____

2.) Contact Person: _____

Mailing Address: _____

Postal Code: _____

Telephone: _____ Cell: _____ Fax: _____
Email: _____

1.) Please give a brief description of the initiative (what it is, who will be involved, when and where it will take place, etc.):

2a.) Please detail your project goals/expected outcomes?

b.) How do these goals align with and support the goals of the Naturally Active for Life Victoria County Physical Activity Strategy to increase physical activity &/or healthy eating &/or try it/learn to opportunities to residents and visitors.

3.) Who is the target group for this initiative? Include number of participants, approximate age group and other appropriate demographics.

4.) How will this initiative build community and/or individual capacity and offer long-term benefits?

5.) What other community organizations/groups or individuals will partner with you on this initiative and in what capacity?

6.) How will you measure the success of the initiative?

7.) How will you acknowledge the contribution and support of Naturally Active Victoria County (Physical Activity Strategy)?

8a.) How much funding are you requesting? _____

b.) Complete the table below to provide a breakdown of expected project costs & revenues (*Please note:* All money must be spent by October 31, 2017):

<u>Expense Item</u>	<u>Expense Brief Description</u>	<u>Cost</u>
Honorariums/Leadership		
Supplies		

Printing/Copying/ Advertising		
Facility/Room Rental		
Equipment		
Food/Refreshments		
Other		
Total Expense		\$ _____

<u>Revenue Item</u>	<u>Revenue Brief Description</u>	<u>Cost</u>
Honorariums/Leadership		
Supplies		
Printing/Copying/ Advertising		
Facility/Room Rental		
Equipment		
Food/Refreshments		
Other		
Total Revenue		
TOTAL REQUESTED (Exp minus Rev)		\$ _____ (Not to exceed \$200)

If you have any questions or require further information, please do not hesitate to contact Victoria County Naturally Active for Life Victoria County Physical Activity Strategy Coordinator:

- 902.295.3661 (Tel) / vince.forrestall@countyvictoria.ns.ca
- **Please e-mail your completed application to:** vince.forrestall@countyvictoria.ns.ca
- **Mail:** Box 370, 495 Chebucto St, Baddeck, Nova Scotia, B0E 1B0
- **Fax:** 902.295.1864

THANK YOU TO YOU AND YOUR SPONSORING ORGANIZATION, FOR YOUR TIME, COMMITMENT AND LEADERSHIP WITH THE ABOVE INITIATIVE BENEFITING RESIDENTS & VISITORS LEADING TO AN ACTIVE & HEALTHY LIFESTYLE.



VINCE FORRESTALL,
PHYSICAL ACTIVITY STRATEGY COORDINATOR
NATURALLY ACTIVE FOR LIFE VICTORIA COUNTY (EST. 2011) - MUNICIPAL PHYSICAL ACTIVITY STRATEGY

