

# Community Education Service

## Physical Literacy and Health

**Richard Monette** B.Sc., B.Ed., M.A.  
Managing director and editor in chief of "Active for Life"

**Ashley Fox** B.Kin., CSEP - Certified Exercise Physiologist  
Be Fit For Life Physical Literacy Coordinator at the University of Calgary

**October 3, 2018**  
**Session: 11:00 am - 12:30 pm**  
**Sign in: 10:45 am**

Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
2888 Shaganappi Trail NW

Session is **FREE**  
of charge/  
Parking fees  
may apply/  
Limited child  
care available,  
call  
(403) 955-2500

**\*\*Register: <http://community.hmhc.ca/>\*\***



To request Telehealth/VC or Audioline, **please click on the video or telephone icons above or next to the session title on the website for more information on how to register.**

This *level 1* presentation will include a presentation from "Active for Life" covering:

In a world where children are sedentary, over-scheduled, and less likely to play outside, Active for Life helps parents raise physically literate kids. Physical literacy is when kids have developed the skills and confidence to be physically active for life. In this presentation Richard will explain why it is important to the grassroots (parents, teachers, professionals, etc) in developing physical literacy in children.

This presentation will also include a presentation from "Be Fit for Life" covering:

Be Fit For Life is a network of 9 Centres working in partnership with post-secondary institutions across the province to help Albertans develop physical literacy and live active and healthy lives. Ashley will emphasize the importance of developing physical literacy and how that supports engagement in physical activities across the lifespan. Tools and resources that help support the development of physical literacy will be shared in this session.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with "Active for Life" and "Be Fit for Life"