

Welcome to the 2008 alPHa Annual Conference. Over the next two days, you will learn more about how your health is affected by the built environment around you. The conference organizers hope that you will leave with a stronger sense of how to create healthier places to live, work, study and play. We also want to give you opportunities to consider your impact on the natural and built environments while being as active as possible during the conference.

Our registration form this year encouraged you to carpool. The conference location, the Nottawasaga Inn, offers all of us an exceptional opportunity to include healthy activities in our daily routines. And the surrounding area of Simcoe Muskoka is a recreational paradise, offering trails, golf courses and many other opportunities to be active. This Activity Passport will help you keep track of those opportunities you took advantage of and those you just couldn't fit in during the conference.

Go ahead, do what you can and fill out your passport (**see reverse**). A score of 8 out of 10 will give you the chance to enter a draw for a \$100 gift certificate from Mountain Equipment Co-op, an online retailer carrying outdoor clothing and gear for adults and kids (www.mec.ca). Hand in your completed Activity Passport at breakfast on Tuesday to the registration desk and the winner will be announced at lunch the same day.



Give yourself a checkmark (✓) if you:

SUNDAY

- 1. Used resort's recreational facilities (fitness centre, golf, swimming, nature trail)
 or Went for a walk or bike ride
 or Was physically active in some other way

MONDAY

- 2. Participated in group Morning Walk at 7 AM
 or Used resort's recreational facilities (fitness centre, golf, swimming, nature trail)
 or Was physically active in some other way
- 3. Participated enthusiastically in the Exercise Break in the morning

TUESDAY

- 4. Participated in group Morning Walk at 7 AM
 or Used resort's recreational facilities (fitness centre, golf, swimming, nature trail)
 or Was physically active in some other way

ANYTIME

- 5. Carpoled to this event
- 6. Chose to walk rather than drive in a car at least once during the event
- 7. Encouraged a colleague to be active or invited a colleague to be active with you
- 8. Completed the self-guided walkability assessment tour of Alliston
- 9. Made healthy food choices when they were available
- 10. Gave serious thought to how you can encourage a healthier built environment in your community

YOUR SCORE: _____ out of 10

YOUR NAME: _____

Tel: _____

Email: _____

Submit completed passports to the registration desk

Give yourself a checkmark (✓) if you:

<p>SUNDAY</p> <p>1. <input type="checkbox"/> Used resort's recreational facilities (fitness centre, golf, swimming, nature trail) or Went for a walk or bike ride or Was physically active in some other way</p> <p>MONDAY</p> <p>2. <input type="checkbox"/> Participated in group Morning Walk at 7 AM or Used resort's recreational facilities (fitness centre, golf, swimming, nature trail) or Was physically active in some other way</p> <p>3. <input type="checkbox"/> Participated enthusiastically in the Exercise Break in the morning</p> <p>TUESDAY</p> <p>4. <input type="checkbox"/> Participated in group Morning Walk at 7 AM or Used resort's recreational facilities (fitness centre, golf, swimming, nature trail) or Was physically active in some other way</p>	<p>ANYTIME</p> <p>5. <input type="checkbox"/> Carpoled to this event</p> <p>6. <input type="checkbox"/> Chose to walk rather than drive in a car at least once during the event</p> <p>7. <input type="checkbox"/> Encouraged a colleague to be active or invited a colleague to be active with you</p> <p>8. <input type="checkbox"/> Completed the self-guided walkability assessment tour of Alliston</p> <p>9. <input type="checkbox"/> Made healthy food choices when they were available</p> <p>10. <input type="checkbox"/> Gave serious thought to how you can encourage a healthier built environment in your community</p> <p>YOUR SCORE: _____ out of 10</p> <p>YOUR NAME: _____</p> <p>Tel: _____</p> <p>Email: _____</p> <p><i>Submit completed passports to the registration desk</i></p>
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Building for Health - From Vision to Reality Activity Passport



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