



Active Living Strategy Town of Middleton 2023-2028

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Town of Middleton Vision Statement

The Town of Middleton fosters a creative, progressive, and inclusive community, where everyone belongs, and everybody gets to play.

Our vision is a healthy, vibrant, integrated, and complete community where citizens can live, and work, in an environment that supports a high-quality active lifestyle free of barriers.

We believe that active living is the experience that results from freely chosen participation in daily physical activity, including social, intellectual, creative, and spiritual pursuits that enhance individual and community wellbeing. Middleton prides itself on being able to offer free and low-cost recreation opportunities to the members of our community.



Introduction

The 2023-2028 Active Living Strategy defines the steps to provide residents with the opportunities and knowledge needed to participate in more physical activity with fewer barriers more often. It is based on research, reports, consultations, and surveys. The programs and activities provided by Middleton Recreation staff and our partners are aimed to support community-based physical activity opportunities by offering flexible, non-competitive, and family-friendly activities that incorporate social interactions.

While Middleton Recreation staff will take the lead in the actions identified in this Strategy, it is understood some of the implementation will be undertaken through collaboration with community partners. Actions have been developed to target all levels of the Socio-Ecological Model for Physical Activity and many actions are aimed at impacting multiple levels at once.



Socio-Ecological Model

- Policy Environment – Legislative action, organized guidance, rules, regulations, bylaws. Examples would be Municipal Planning Strategy, Active Transportation Policy, Land Use and Development Policy.
- Physical Environment – Natural and built environment, urban design, transportation, land use, green space, buildings, parks, trails, rivers, weather, air quality. Examples would be Harvest Moon Trail, Nictaux South Shore Loop, Rotary Raceway Park, Centennial Park, Rotary Riverside Park, Shaffner Drive Wetlands.
- Social Environment – Culture, social cohesion, and support, relationships, income, socioeconomic status, equity. Examples would be our Learn 2 Run Program, our Walking Program, After School Programming, Free Facility Access to support equity – the free equipment loan programs.
- Individual Environment – Knowledge, skills, beliefs, attitudes, motivation, confidence, age, gender, ability, health, education. Examples would be targeted individual intervention participation in programs such as personal training sessions, classes, free passes.

We will work on our goals over the next five years and prioritize them according to need, resource availability and funding availability. To better understand the community, the goals, and the needs, we will take a brief look at the community profile, survey summaries and the assets of the town before laying out the action plan.

While Middleton may not have the luxury of indoor recreation facilities, we are in a great position to be a leader in outdoor recreation. We are fortunate enough to have three beautiful parks, a wetland project in the works, access to an archery course and trails at Second Lake, access to the Harvest Moon Trail and the South Shore Annapolis Valley Trail, and access to the Annapolis River. We also have seasonal facilities such as an outdoor pool, arena, curling rink, splash pad, all wheel park, 800m track, multi-use courts and fields and other valuable physical recreational assets.

You can find our Active Transportation Map here:

https://www.discovermiddleton.ca/images/Middleton_Active_Transportation_Map.pdf

Background

In 2006, the provincial government of Nova Scotia made the decision to partner with municipalities throughout the province through Nova Scotia's Municipal Activity Leadership Program (MPAL). Initially, the Town of Middleton partnered with the Nova Scotia Department of Communities Sport and Recreation Health and Wellness (now the Department of Communities, Culture, Tourism and Heritage) to bring the Municipal Physical Activity Leadership (MPAL) Program to Annapolis County. At that time, the MPAL was a shared position between Middleton, Bridgetown, and Annapolis Royal.

In 2013, the Recreation Director and Town Council saw the value in the program and approved their own MPAL position (now called an Active Living Coordinator) for the Town to focus specifically on increasing and sustaining physical activity levels in Middleton.

Role of the Town of Middleton

The Town will collaborate with local resources, organizations, and community partners to build capacity for physical activity, support local initiatives and develop partnerships based physical activity strategies. Policy changes at the local level are effective at encouraging physical activity over the long term by making physical activity an easier choice in places where residents live, work and play.

To address inactivity in the town of Middleton, collaboration among different sectors is needed to address the individual and social environment. Buy-in to improve infrastructure in the physical environment and policy changes must come from the municipal leadership.

Potential Partners

Internal

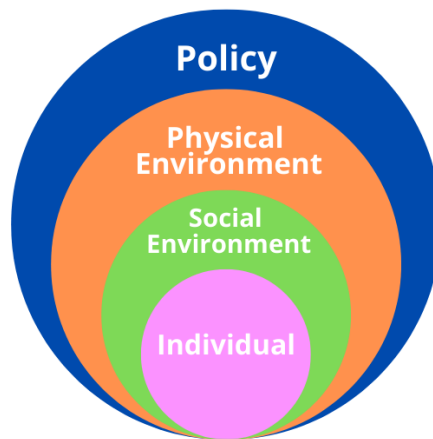
Recreation
Public Works
Planning
Economic Development
CAO
Town Council

External

Education (AVRCE)
Health (Community Health Board)
Rotary Club, Lions Club, Kinsman Club
CORAH (Centre of Outreach Rural Aging and Health)
Sport Nova Scotia
Department of Communities Culture, Tourism and Heritage (Sport & Recreation Division)
CARP (Clean Annapolis River Project)
Active Kids Healthy Kids

Middleton joins other municipalities around the province that have partnered with Communities, Culture, Tourism and Heritage through the MPAL Program to develop a comprehensive physical activity strategy to engage people in active physical activity throughout the day. While each municipality has a different strategy, they all share the common goal of more physical activity with fewer barriers more often. The five priority areas which we focus on are social supports for walking, physical environment supports for walking in the natural or man-made environment, social supports for other less structured movement, physical environment supports for other less structured movement and policies to support movement.

We know that to initiate change it is imperative to take a comprehensive approach and be mindful of the Socio-Ecological Model for Physical Activity (Individual Environment, Social Environment, Physical Environment and Policy Environment) and engage the help and participation of community partners, stakeholders, and government as we move forward. While it is challenging to work on multiple initiatives, we recognize it is our best chance to have the greatest positive influence on our community's physical activity levels.



Active Living Strategy History

The first strategy for Middleton, written in 2013 focused on increasing public awareness, increasing physical activity, reducing barriers to recreation, improving infrastructure, leadership, and sustainability. In the 2013 Strategy our guiding priorities were identified by the Department of Health and Wellness' Thrive! Strategy, of which some of the philosophies are still used today. However, there has been a shift in our focus as we have learned more about the crisis of inactivity in Canada and more specifically Nova Scotia. Over the years we have turned our focus to target populations who have statistically been less active and finding ways to increase physical activity more effectively.

Through national initiatives like ParticipACTION and Let's Get Moving Nova Scotia (Appendix A) we have learned that Canada and Nova Scotia have had a failing grade when it comes to physical activity. We are not getting enough sleep, we are getting too much screen time, we are not moving enough, and our eating habits have become a concern. We have also learned that adding small increments of physical activity throughout the day is as beneficial as longer durations less often. We know there are things we can do as individuals, parents, community members, employers, and government to improve the amount of physical activity we get and to remove barriers to recreation and social activity.

To determine what the goals are for the next five years we conducted several surveys, and consultations and gathered information from various sources, as well as analysed data from programs that have been ongoing over the last ten years. The Strategy goals and priority areas also support those identified by the Department of Communities, Culture, Tourism and Heritage, Let's Get Moving Nova Scotia and ParticipACTION recommendations.

What We Heard

Physical Activity Citizen Survey

Between November 3 and December 7, 2018, the province conducted a Random Digit Dialling Telephone Sampling Citizen Survey in Middleton.

From the survey we learned that more community members may be engaged by improving accessibility of community-based physical activity opportunities by offering flexible, non-competitive, and family friendly activities that incorporate social interactions.

There is a significant opportunity to increase activity through walking given current popularity and future preference. Survey conclusions also noted that infrastructure for walking/cycling, social connections and considering the time barrier are also important.

Nova Scotia Quality of Life Survey

In 2019 the Nova Scotia Quality of Life Survey was conducted, and the results of that survey were released in March 2020. The survey was very thorough however, because Middleton is very small, we were not highlighted however, it stated that 40% of people sometimes walk instead of driving their car. Eighty-four percent of people in the Annapolis Valley participate in light physical activity such as walking or biking at least once a month. We hope to increase that over the next five years. The full survey can be found at Engage Nova Scotia: <https://engagenovascotia.ca/about-qol>.



Accessibility Survey

Between June and October 2021, the Town of Middleton's Accessibility Advisory Committee conducted a survey, and it was learned that 55% of respondents felt that Rotary Raceway Park and the Middleton Splash pad were the two of the most used and accessible parks in town. Thirty-four percent use the Harvest Moon trails. We learned that we have more work to do to improve access for our entire community to increase daily activity on a regular basis.

Needs Assessment Survey

In February 2022 in an online and paper survey we learned that the free equipment loan programs were valued as a means of increasing daily activity and the walking challenge and Learn 2 Run program were initiatives used to help stay motivated to continue walking or running daily. The community also valued the garden project as it was a way for them to be outside, grow their food, interact with their neighbours, and try new things. The free canoe, kayak and snowshoe rentals were mentioned as highlights of the town recreation program as it reduced barriers to activities that most of the community would not be able to do otherwise.

Research and Best Practices

The current research over the last ten years has exponentially shown that physical inactivity has become a North American epidemic. Physical activity determinants range from individual and interpersonal factors to community norms, built and natural environments and policies. Evidence tells us that physical activity interventions that focus solely on education on an individual level are less successful than those that focus on the policy and social level. Influencing change needs to happen where people live, work, learn and play.

The primary recommendation, from best practices and evidence, outlines a necessity for pursuing change at all levels of the Socio-Ecological Model for Physical Activity to achieve sustainable changes in physical activity behaviour. This means collaborating across sectors, such as healthcare, transportation, sport and recreation, education, urban design, and planning, as well as government, civil sector, and the private sector.



Let's Get Moving Nova Scotia

Let's Get Moving Nova Scotia is a plan to encourage Nova Scotians to include more movement in our daily lives. Being physically active and moving helps us prevent and manage disease. It makes us happier and helps us do better at school and at work. It builds stronger communities and keeps the economy healthy, too.

However, 82 percent of Canadian adults do not currently meet these guidelines. Nova Scotia adults also fall short of meeting them. We all need to move more—and sit less—more often. That's what Let's Get Moving Nova Scotia is all about. How can we get moving?

We need to start thinking about movement and physical activity in a different way. Organized sport and recreation are great but adding more physical activity to our day can be as simple as walking to school, around our workplace, and in the place, we live, or by participating in cultural activities or even just playing in the backyard. No membership fee required!



ParticipACTION

ParticipACTION is a physical activity brand that's mandate is to encourage Canadians sit less and move more through innovative engagement initiatives and thought leadership. They provide research and data for all age groups, as well as resources and recommended guidelines to get Canadians moving more.

The 2022 ParticipACTION Report Card gives children and youth a D+ for Overall Physical Activity and a D+ for Sedentary Behaviours. Less than 1 in 5 children (5–11-year-olds) and youth (12-17- year-olds) in Canada are meeting national movement behaviour guidelines for physical activity, sedentary behaviours, and sleep.

ParticipACTION recommends ways Canadian families can be active role models and provide the kind of positive encouragement our kids need:

- Be an active role model.
- Prioritize active transportation (walking cycling, wheeling)
- Create a family media plan that includes screen-free times.
- Encourage more outdoor time.
- Be active as a family and make it a priority.

The full 2022 report card for youth can be found here:

<https://www.participaction.com/wp-content/uploads/2022/10/2022-Children-and-Youth-Report-Card.pdf>

The ParticipAction Adult Report Card for 2021 was revamped from previous years to include eighteen indicators in four categories.

Adults (18+) received a C+ for Light Physical Activity, but an F for both Sedentary Behaviours and Active Transportation. ParticipACTION recommendations encouraged light physical activity through workplace interventions or enhancements to the built environment to move more and reduce sedentary time.

The full Adult ParticipACTION Report Card can be found here: <https://www.participaction.com/wp-content/uploads/2022/09/2021-ParticipACTION-Report-Card-on-Physical-Activity-for-Adults.pdf>

Town of Middleton Active Living Goals

The Active Living Strategy is based on four goals:

1. Active Living – Including Less Structured Movement and Physical Activity
2. Inclusion and Access
3. Connecting People to Nature
4. Active Transportation – Walking and Biking as Part of Our Daily Lives

Target Groups

1. Children and Families
2. Those with Less Access
3. Those Who Are Less Active
4. Women – girls and women across their life span
5. Those over 45



ACTIVE LIVING GOAL #1:

Active Living – Including Less Structured Movement

Objective

To foster active, healthy living through physical activity including less structured play and added movement throughout the day.

Target Population

Older Adults

Those who are less active

Women

Children and Families

Timeline	Action	Responsibility	Priority Level
Ongoing	Provide year-round equipment loans that are suitable for all genders, ages, and abilities.	Recreation Department	High
Ongoing	Provide free After School Programs to encourage less structured after school play and physical activity.	Recreation Department in partnership with MRHS and AEES	Medium
Ongoing	Identify new activities and programs for all genders, ages and abilities that can be introduced to the community.	MPAL	High
2023-2028	Encourage and train the teachers, principals and EAs in the integration of the Active Smarter Kids (ASK) Program in the local elementary school and high school.	MPAL/ School Staff	High
2023	The MPAL will implement the High Five for senior's curriculum after completing the final stages of training and offer it to community partners.	MPAL	High
2022-2028	Develop a five-year Parks and Green Spaces plan to improve our parks to make them a place where people will frequent on their breaks and leisure time.	Recreation Staff, Park Staff	High

2023-2028	Partner with community organizations to improve physical literacy by integrating key messages from the 24-hour Movement Guidelines into community-based programming and provide the community with literature and tools for promotion.	MPAL, recreation director, local fitness instructors, schools	Medium
2023	Utilize the Doctors NS Make Your Move workplace resources to increase physical activity in the workplace.	MPAL, co-workers	High
2023	Develop a policy for no-charge active play spaces and programs.	MPAL, council, Recreation Director	High
2024	Develop a policy that all events in the town need to have a physical activity component in them.	MPAL, council, recreation director	High
2023-2028	Provide free facility access for swim, skate, and open gym times to encourage family participation in non-competitive, unstructured physical activity.	MPAL, arena, swimming pool, CCTH	High
2023-2028	Provide workshops and “try it” sessions for community members to increase confidence and teach skills to build physical literacy.	MPAL, fitness instructors, community champions	High

Partners

Parks and Recreation Department, Town Council, CAO, Community, Middleton Regional High School, Annapolis East Elementary School, Communities, Culture, Heritage and Tourism, Annapolis Valley Regional Centre for Education, Middleton and District Arena, Middleton Pool Society, Local Fitness Leaders, Macdonald Museum, Middleton Firehall, CORAH, Regional Sport Consultant, Local Champions.

Outcomes

1. We will see our community, people of all ages engaged in less structured play. In our parks and in our community.
2. Our staff, students and community members will feel less stress, be more focused and have more energy.
3. Physical activity will be a part of our everyday lives and incorporated into everything we do.

ACTIVE LIVING GOAL #2

Inclusion and Access

Objective

To reduce constraints for the community to participate in recreation programming and activities.

Target Population

Children and Families

Those with Less Access

Those Who Are Less Active

Women – girls and women across their lifespan

Those over 45

Timeline	Action	Responsibility	Priority Level
2023	Partner with the Accessibility Advisory Committee to learn about and address accessibility barriers to programs and built infrastructure.	MPAL, Rec Staff, CAO, AAC, Public Works	High
2023-2028	Partner with community organizations such as CORAH (Center of Rural Aging & Health) to create inclusive programming ie. Indoor walking, chair yoga, Sr. Fitness at locations where seniors already attend to reduce barriers.	MPAL, Rec, CORAH, Leaders	High
2023-2028	Partner with school to add inclusive programs for students who are not attending current programs or participating in school sports. (GSA Teacher (Gender & Sexualities Alliances) and Native Student Advisor, School VP)	MPAL, Rec, School Staff	High
2023	Incorporate the results from the Accessibility Survey and Needs Assessment Surveys as they provided great direction to improve access to barrier free physical activity.	MPAL, Rec Staff, CAO, Council	Medium High
2023-2028	Facilitate facility access and free equipment loans for those who are in need by partnering with Communities, Culture, Tourism and Heritage for funding.	MPAL, CCTH, Arena, Swimming Pool	High

2023	Partner with the Accessibility Advisory Committee to learn what the current barriers are to recreation and create a plan to reduce and remove barriers.	MPAL, AAC, community first voice speakers.	High
2023	Partner with the Native Student Advisor at Middleton Regional High School / Annapolis East Elementary School to determine the needs of the students she works with to ensure we are offering appropriate programming and physical activity offerings.	MPAL, AEES, MRHS, NSA	High

Partners

Parks and Recreation Department, Town Council, CAO, Community, Middleton Regional High School, Annapolis East Elementary School, Communities, Culture, Heritage and Tourism, Annapolis Valley Regional Centre for Education, Middleton and District Arena, Middleton Pool Society, Local Fitness Leaders, Macdonald Museum, Middleton Firehall, CORAH, Regional Sport Consultant, Local Champions.

Outcomes

1. We will see people of all ages and abilities participating in our recreation programming.
2. The barriers that currently exist will be removed so that everyone can participate.

ACTIVE LIVING GOAL #3

Connecting People to Nature

Objective

Help people connect to nature through recreation.

Target Population

Children and Families

Those with Less Access

Those Who Are Less Active

Women – girls and women across their life span

Those over 45

Timeline	Action	Responsibility	Priority Level
Ongoing	Promote and support the development of the Wetland Restoration trails and future programming of the site.	MPAL, Rec Director, CARP,	High
2023	Foster the relationship with Annapolis Archery Club who will be doing the trail building and maintenance at Second Lake so that the area can be used as a multi-purpose site for our recreational needs.	MPAL, Annapolis Archery, Rec Director	Medium
2023	Design educational materials for bird watching and wildlife viewing to encourage people to connect with nature in our green spaces.	MPAL, CARP	Medium
2023-2028	Promote and build on our free equipment loan programs. Specifically, our canoe and kayak program, bike loan program, birding, and orienteering equipment.	MPAL, Rec Director, CARP, CCTH	High
2023-2028	Promote the use of our Heart and Mind Wellness Path and Meditation Garden and Yoga Path at Rotary Riverside Park, as well as the seasonal dock and the park itself for fishing, bird watching, wildlife viewing, walking.	MPAL, Rec Director, Rotary Club, CARP	High

2023	Promote the new Shaffner Drive Wetland Restoration Trails that are currently being restored and will have trails for walking and wildlife viewing and bird watching.	MPAL, CARP, Rec Director	High
2023	Design programming such as yoga in the park, forest bathing, walking, biking, and evening paddles that will help connect people to nature.	MPAL, local fitness instructors	High
2024	Increase wayfinding signage that will point people to the trails, parks and green spaces that will encourage them to explore and adventure out on their own or with a group.	MPAL, Rec Director, Parks Manager	High
2023-2028	Partner with Hike NS, Bike NS and community members to host community walks, bike rides, ski, and snowshoe outings to teach and build capacity and increase awareness of our local green spaces and bike trails in Middleton.	MPAL, Bike NS, Hike NS	High
2023	Partner with CARP to host workshops about the local area to teach the community about the flora and fauna along the paths, river, and wetlands. Also, birds, turtles, and amphibians.	MPAL, CARP,	High
2023-2028	Partner with the Annapolis East Archery (AEA) Club and Lawrencetown Education Centre (LEC) to upgrade trails and structures at Second Lake.	MPAL, Archery Club, LEC	High

Partners

Middleton Parks and Recreation, Community Culture and Heritage and Tourism, Bike Nova Scotia, Hike Nova Scotia, CARP, CORAH, Liverpool Outfitters, Local fitness instructors, Annapolis Valley Trail Coalition, South Shore Trail Society, Annapolis East Archery Club.

Outcomes

1. We will see our community accessing our parks and green spaces on a regular basis.
2. People will be taking advantage of the parks, trails and waterways in Middleton and enjoying the benefits of nature and all it has to offer.

ACTIVE LIVING GOAL #4

Active Transportation – Walking and Biking as Part of Our Daily Lives

Objective

To focus on walking and biking as part of our daily life. To use active transportation for leisure and commuting in between places we want or need to go.

Target Population

Children and Families

Those with Less Access

Those Who Are Less Active

Women – girls and women across their life span

Those over 45

Timeline	Action	Responsibility	Priority Level
2023	Partner with Bike Nova Scotia on a Blue Route Hub plan for Middleton.	MPAL, CAO, Blue Route Staff, PW Staff, Council	High
2023-2028	Implement the Blue Route Hub plan 1-5 year	MPAL, Rec, CAO, Council	High
2023-2028	Work with the Accessibility Advisory Committee on the Active Transportation portion of the AT plan.	MPAL, AAC, Rec	High
2023-2028	Increasing active transportation through walking and biking incentives now and will continue to build on our equipment loans from now over the next five years.	MPAL, Rec	High
2023-2028	Develop an Active Transportation and Land Use Policy to complement our Active Transportation policy	MPAL, Rec, Council	Low
2023-2028	Promote walking, running, and biking for people of all abilities through social media awareness campaigns.	MPAL, Recreation Director	High
2023-2028	Promote walking with our Community Walking Challenge using our stamp cards, weekly incentive draws and by providing the pedometers and safety equipment if needed.	MPAL, Rec Director, Community businesses	High

2023-2028	Promote and provide the tools necessary for the Learn 2 Run and Learn 2 Run Plus Group to continue to grow and expand by organizing, partnering with Communities, Culture, Heritage and Tourism, and hiring leaders	MPAL, Recreation Director, L2R Leaders, Run Nova Scotia	High
2023-2028	Implement land use policies by working with Public Works, DOT and Town Council that support a connected, compact community design and incorporate walk/bike friendly features such as benches and traffic calming measures where possible.	MPAL, Rec Director, Planning, CAO, Public Works	Medium
Annually	Offer Bike Safety and Bike Repair workshops each spring to promote bike safety and boost the confidence of cyclists as well as to promote our biking infrastructure (DIY Bike Repair Stations, Bike Racks, water refill stations, HMT and NSSL Trail, public washrooms etc.)	MPAL, Local Bike Shop Owner	Medium
Annually	Host our annual Century Bike Ride (25K, 50k 100K, 160K) Cycling event in August.	MPAL, Recreation Director, Summer students and volunteers	HIGH
Annually	Host our Heart Run (5K, 10K and half marathon) Run in August.	MPAL, Rec Director, Summer Staff, and volunteers	High
2023	Increase local signage for Active Transportation to show the distance between points of interest and to encourage walking or biking between locations over driving. Add more bike racks around town to encourage people to bike to work/school/shop.	MPAL, Recreation Director, CCTH, Print Shop, Parks Dept, Planning	Medium

Partners

Middleton Parks and Recreation, Community Culture and Heritage and Tourism, Bike Nova Scotia, Hike Nova Scotia, CARP, CORAH, Local fitness instructors, Annapolis Valley Trail Coalition, South Shore Trail Society, Active Kids Healthy Kids, MRHS, AEES, Volunteers.

Outcomes

1. We will have created a town that is active transportation friendly, more people in town will be using active transportation for leisure and commuting.
2. We will have walking and cycling routes that are safe and effectively allow our community to get to key points in town with confidence and ease.
3. In previous surveys there was a desire for people to walk and bike more, but they did not feel confident with the current infrastructure. As new infrastructure upgrades are completed Active Transportation is being considered a priority.



Less Structured Movement



Connecting People to Nature



Active Transportation



Inclusion and Access

Evaluation

An important part of ensuring that this strategy is a success, is community input and feedback. We will use various tools to monitor feedback and ensure that the appropriate amendments are made based on the needs and wants of the community.

1. Community Consultations

We will hold annual community consultations to give each member of the community a chance to give us their feedback on various programs, facilities, and events held over the course of the year.

2. Tracking Program Registrations

We will continue to track total numbers and unique registrations in each of our programs. We will use this information to compile and depict trends and peaks in registrations throughout the year and ensure we are meeting our goals of attracting new participants as well as returning. This will help us gauge program success, as well as to make necessary changes to ensure the future success of programs in our community.

3. Program Evaluation Forms:

Program evaluation forms will be completed after all Town programs. This will allow participants to anonymously provide feedback. We will use this feedback to gauge the success of the program, as well as identify the strengths and weaknesses of our program leaders. We will use these forms

to adjust and make improvements to each program as needed and ensure the future success of our program and leaders.

4. We also create programs that have evaluation tools built into them such as our walking and running programs.



Stamped Walking Loyalty Cards



Pedometers

Appendix A

MPAL Guiding Principals

1. Focus on populations that are less active or sedentary: Moving sedentary people from light or no activity to a point where they accumulate more activity is considered an important gain from a population perspective. Achieving the recommended movement guidelines is better but some activity is better than none. Small amounts of movement integrated throughout the day count. Groups for consideration include the less active population in general, the aging population (45 years+), adolescents, females in these specific age groups.

2. Equity: Eliminate disparities in access to physical activity opportunities and reduce social and health inequities that arise because of factors such as geography, ethnicity, gender, and socio-economic status by supporting groups with inequitable access to physical activity resources. Priority groups may vary depending on the community.

Additional Principles

3. Comprehensive and cross setting: Use multiple strategies and multi-level interventions to address factors influencing movement behaviour at the policy, individual, social, and physical environment levels. This includes physical activity in settings other than recreation such as active transportation, work or school and the home environment.

4. Partnerships: Invite relevant sectors of society to collaborate in promoting movement and creating an active community. Potential partners include government and non-government organizations, health, services, justice, schools, groups, and business, at all levels. Successful community wide approaches often include focus on key settings.

5. Whole of Local Government: Integrate physical activity and the creation of active communities into the existing planning and decision-making processes of all relevant operational areas in the local government. Use physical activity to meet community objectives by linking physical activity plans to other municipal/band strategies and aligning physical activity plans with the priorities of other sectors.

6. Sustainable: Seek political, organizational, and financial commitment from active community partners for long-term physical activity approaches.

7. Municipality or Band Involvement: Involve residents in creating active communities and make it easy for people to participate in consultations, planning, and implementation activities.

8. Evidence-Informed and Effective: Use the best available evidence of what works to inform decisions in policy, planning, and practice.

9. Tailored to the Community: Adapt physical activity interventions to the local context and ensure that existing Municipality assets are used where appropriate.

10. Whole Population Reach: Design physical activity interventions and approaches to reach as many people as possible while recognizing that some groups need special attention. Use a life-course

approach to address the needs of people in various phases of human development i.e. children, youth, families, adults, the aging population and elders.

11. Capacity Building: Build the commitment, skills, and knowledge of community leaders and partners at all levels through training in physical activity interventions.

Appendix B

Active Living Strategy Principles and Goals

Active Living Principles

The following principals have guided the selection of the Action Plan’s physical activity interventions.

Focus on Populations Who are Less Active or are Sedentary.

Encouraging movement throughout the day in lesser amounts. Focus populations include females, adolescents, those over 45, those who are less active.

Whole of Government Approach

Integrate physical activity and the creation of active communities into the existing planning and decision-making processes of all relevant operational areas of government.

Sustainability

Seek long-term political, financial, and organizational commitments from active community partners for long-term physical activity strategies.

Evidence Informed and Effective

Use evidence based, best practices to make solid decisions on policy and programs utilizing available evaluation tools. Use the best available evidence and proven best practices to inform decisions in policy, planning, program development, practice, and evaluation.

Capacity Building

Build the commitment skills and knowledge of active community leaders, youth, and partners at all levels through training, workshops, and engagement.

Partnerships

Build meaningful partnerships with community, private, public, and volunteer sector to promote physical activity to create an active community.

Tailored to the Community

Adapt physical activity interventions to the local context and ensure that existing Municipality assets are used where appropriate.

Comprehensive and Cross Setting

Use multiple strategies and multi-level interventions to address factors influencing movement behaviour at the policy, individual, social, and physical environment levels. This includes physical activity in settings other than recreation such as active transportation, work or school and the home environment.

Appendix C

Guidelines for Physical Activity

To have a better understanding of where we want our physical activity levels to be, here are the guidelines for physical activity in Canada for the various age groups.

Guidelines for Physical Activity in Canada

For the Early years (0-4):

- Infants (Aged less than 1 year) should be physically active several times daily- particularly through interactive floor-based play.
- Toddlers (aged 1-2 years) and pre-schoolers (aged 3-4 years) should accumulate at least 180

For Youth 5-17 years:

- For health benefits, youth aged 12-17 should accumulate at least 60 minutes of moderate to vigorous-intensity physical activity daily. This includes exercises that strengthen the bones and muscles, as well as cardiovascular ability at least 3 days per week. Uninterrupted 9-11 hours of sleep a night for those who are 5-13 years old and 8-10 hours of sleep for those who are 14-17 years old. No more than 2 hours of recreational screen time per day.

For Adults 18-64 years:

- To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous-intensity aerobic physical activity per week and add muscle strengthening activities twice a week. 7-9 hours of good quality sleep and no more than 3 hours of recreational screen time a day.

For Adults 65 years & Older:

- To achieve health benefits, and improve functional abilities, adults aged 65 and older should accumulate at least 150 minutes of moderate to vigorous-intensity aerobic physical activity a week with muscle strengthening activities twice a week. Participate in a physical balance challenge and several hours of light physical activity including standing. Seven to eight hours of good quality sleep a night and no more than 3 hours of recreational screen time per day.

(ParticipACTION)

Appendix D:

Let's Get Moving Nova Scotia and ParticipACTION

Let's Get Moving Nova Scotia is a plan to encourage Nova Scotians to include more movement in our daily lives. Being physically active and moving helps us prevent and manage disease. It makes us happier and helps us do better at school and at work. It builds stronger communities and keeps the economy healthy, too.

According to the Canadian Physical Activity Guidelines, adults 18–64 should get 150 minutes per week (two and a half hours) of aerobic physical activity, such as walking, jogging, swimming, or cycling. This physical activity does not need to be done all at once; it can happen in sessions of 10 minutes or more. Adults should also do activities that strengthen their muscles and bones twice a week. Children and youth need even more.

However, 82 per cent of Canadian adults do not currently meet these guidelines. Nova Scotia adults also fall short of meeting them. We all need to move more—and sit less—more often. That's what Let's Get Moving Nova Scotia is all about. How can we get moving?

We need to start thinking about movement and physical activity in a different way. Organized sport and recreation are great, but adding more physical activity to our day can be as simple as walking to school, around our workplace, and in the places we live, or by participating in cultural activities or even just playing in the backyard. No membership fee required! (Let's Get Moving)

ParticipACTION – Report Cards for Children and Youth

<https://www.participaction.com/en-ca/resources/children-and-youth-report-card>

The ParticipACTION Report Card gives children and youth a D+ for overall Physical Activity and a D+ for Sedentary Behaviours.

Less than 1 in 5 children (5–11-year-olds) and youth (12-17-year-olds) in Canada are meeting national movement behaviour guidelines for physical activity, sedentary behaviours, and sleep. (2014-15 CHMS, Statistics Canada)

Canadian families can be active role models and provide the kind of positive encouragement our kids need. Start by identifying as an active family.

Recommendations:

- Be an active role model
- Prioritize active transportation (walking cycling, wheeling)
- Create a family media plan that includes screen-free times
- Encourage more outdoor time

Appendix E

Community Profile

County: Annapolis

Governing Body: Middleton Town Council

Mayor, Deputy Mayor, 5 Councillors, CAO

Population of 1,835 (2020)

922 of its 977 total private dwellings are occupied

Land area of 5.55 km² (2.14 sq. mi)

Population density of 337.5/km² (874.1/sq. mi) in 2021

Median Household Income (2020) \$40,896

Median Age (2020) 48.6

Total Visible Minorities 35

Employment Rate 43.8%

Unemployment Rate 14.7% (2020)

Number of Renters 460

Number of Homeowners 430

Residents who work locally 315

Dominant Education Level – 51% have post-secondary Education

Average Annual Snowfall 224cm

Average Annual Rainfall 1354 mm

Highest Temperature 33 Celsius

Lowest Temperature -18 Celsius

Definitions:

Active Transportation: Refers to any form of human-powered transportation such as walking, cycling, using a wheelchair, inline skating, skateboarding etc.

Body Mass Index (BMI): The Body Mass Index (BMI, estimates the ideal weight of a person using a formula based on its size and weight. The body mass index is valid for an adult man or woman (18-65 years) The formula for BMI is weight in kilograms divided by height in meters squared. If height is measured in centimetres, divide by 100 to convert this to meters. When using standard measurements pounds are divided by inches squared.

CARP: Clean Annapolis River Project

CCH- Communities Culture and Heritage

CORAH: Community for Rural Aging and Health

CSR - Community Sport and Recreation

Municipal Physical Activity Leader (MPAL): “MPAL physical activity practitioners are responsible for leading municipal efforts to develop municipal physical activity plans and create active communities.”

Obese: a BMI falling over 30

Overweight: A BMI falling between 25 and 29.9

Physical Activity: Any movement that increases heart rate and breathing. Any bodily movement produced by skeletal muscles that requires energy expenditure. This can include active play, sport, walking, cycling, gardening, housework, kayaking, skating, running, tennis, etc. Anything that moves you.

Physical Literacy: Developing fundamental movement skills leading to fundamental sport skills in various decision-making situations, and in a variety of environments. Learning more than one sport, or sport skill.

Recreation: The experience that results from freely chosen participation in physical, social, intellectual, creative, and spiritual pursuits that enhance individual and community wellbeing.

Sedentary Behaviour: Postures and activities that require little movement. Examples include prolonged sitting, watching television, playing passive video or computer games, extended time spent on the computer, and using motorized transportation. This also includes long hours at the office without movement breaks.

Waist Circumference: Refers to a numerical measurement of your waist.

Appendix F: Recreation and Sports Facilities

Site	Ownership	Facilities
Middleton and District Arena	Committee	Arena – Hockey with Canteen
Middleton and District Pool	Committee	Pool, Bleachers, Diving Board, changing/washroom facilities, pool lift.
Rotary Raceway Park	Town of Middleton	800m Track, All-Wheel Park (2017), 2 Tennis Courts/Pickleball Courts, 2 Basketball Courts, Beach Volleyball Court, Horseshoes, 2 Baseball Diamonds, Soccer Field, Playground, Pavilion, Picnic Tables, Washroom Facilities (Summer)
Rotary Riverside Park	Town of Middleton	River Access, Floating Dock, Heart and Mind Wellness Path and Yoga Trail (2019), Meditation Garden (2019), Trails, Open Space, Picnic Tables
Centennial Park	Town of Middleton	Pergola, Open Activity Space, Picnic Tables, Splash Pad (2015), Seasonal Washroom/changing facilities, 2 chess tables, table tennis
Middleton Curling Club		Curling Rinks
MRHS	AVRSB	Soccer/Football Field, 2 Gymnasiums, Cafeteria
AES	AVRSB	Gymnasium, Cafeteria, Playground
Baptist Church	Private	Life Centre Gymnasium
Middleton Fire Hall		Community Hall, kitchen, washroom facilities
NCC	Private	Gymnasium
Shaffner Wetland Recreation Park	Town of Middleton	In progress due to have a soft launch in 2023
Second Lake Recreation Area	Town of Middleton	Archery and Trails

Schools Annapolis East Elementary School (AEES) Primary – Grade 5
Middleton Regional High School (MRHS) Grades 6-12
Nova Scotia Community College (NSCC) Middleton Campus
CORAH (Centre of Rural Aging and Health) NSCC Campus Age 50 and Up

Library: Rosa M. Harvey Library

Museums Macdonald Museum (First consolidated school in Canada)
Middleton Railway Museum

Health Care Facilities

Soldiers Memorial Hospital
Middleton Collaborative Practice

Churches

Middleton Baptist Church
St. John's United Church
Emmanuel Congregational Christian Church
Holy Trinity Church – Old Holy Trinity Church was built in 1791.
St. Monica's Church
Middleton Seventh Day Adventist Church
Genesis Christian Ministry

Middleton Parks

Rotary Raceway Park – All Wheel Park, softball fields, soccer fields, basketball courts, tennis and pickleball courts, horseshoe pits, beach volleyball court, playground, 800m track

Centennial Park – Splash Pad, concrete ping pong table, 2 concrete chess tables, 2 barbecues – and accessible picnic tables, seasonal washrooms.

Rotary Riverside Park – Heart and Mind Wellness Path (yoga path), Floating Dock

Shaffner Drive Wetland Restoration and Recreation Trails (in progress)

Second Lake Recreation Area – Archery and trails

Recreational Facilities

Middleton District Arena
Middleton Swimming Pool (seasonal)
Middleton Curling Club

Community Organizations

Rotary Club
Lions Club
Kinsman Club

