



*A Way of Life. Un mode de vie.
Ta'n Tel-mimajimk*



Summer camp

A guide on how to implement *5210 A Way of Life*



Step 1: What is 5210?

Learn about the different
5210 A Way of Life messages.



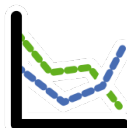
Step 2: What do we do?

Complete the quick survey.



Step 3: What can we change?

Set goals.



Step 4: What worked well?

Complete the evaluation.



Step 5: Celebrate!

Receive recognition and celebrate with your sport team!



Step 1: What is 5210?

Learn about the different 5210 A Way of Life messages.



Messages

Enjoy! At least 5 vegetables and fruits every day.



- ✓ Eat at least one vegetable or fruit at every meal.
- ✓ Try a new vegetable or fruit. It may take many attempts before you enjoy a new taste.
- ✓ Wash and cut up vegetables and fruits so they are ready to grab and eat. Remember to place them where they will be seen.
- ✓ Try new ways to prepare vegetables and fruits to make them tasty.

Power down! No more than 2 hours of screen time per day.*



- ✓ Make screen time rules.
- ✓ Keep screens out of the bedroom.
- ✓ Turn off screens and enjoy a family meal together.
- ✓ Find ways to have fun without screen time.

* No screen time under the age of two.

Move more! At least 1 hour of physical activity every day.



- ✓ Enjoy outdoor activities every season.
- ✓ Plan to be active every day.
- ✓ Find activities you enjoy.
- ✓ Be active together.

Drink more water! 0 sugar added beverages.



- ✓ Make water your first choice. Add slices of vegetables or fruit for flavor.
- ✓ Plain milk and soy beverages are part of a healthy diet.
- ✓ Read the ingredient list to know if sugar has been added.
- ✓ Avoid sugar added beverages such as pop, fruit punch, sport and energy drinks and even limit 100% pure fruit juice.



Step 2: What do we do?

Complete this quick survey



Reflect and Assess

1. Does our camp provide vegetables and fruits at every meal and every snack?

2. Does our camp limit unhealthy food choices?

3. Does our camp use food/beverages for reward?

4. Does our camp let children decide how much they can eat?

5. Does our camp staff eat with children?

6. Does our camp restrict screen time?

7. Does our camp promote physical activity and outdoor play?

8. Does our camp provide water?

9. Does our camp provide sugary beverages?

10. Does our camp promote a healthy lifestyle to families, parents and community?

11. Does our camp provide training about healthy lifestyle to our staff?



Step 3: What can we change?
Set goals.



Action Plan

Look back through the 5 questions and the 5210 A Way of Life messages and write 1 to 3 goals that you would like to work on this month, season, or year.

Goal 1. _____

Goal 2. _____

Goal 3. _____

What steps do you need to take to achieve your goals? List the tasks below:

Goal 1. What are the tasks?		Who will complete the task	By when
1			
2			
3			
Goal 2. What are the tasks?		Who will complete the task	By when
1			
2			
3			
Goal 3. What are the tasks?		Who will complete the task	By when
1			
2			
3			



Step 4: What worked well?

Complete the evaluation.



Success

Complete the evaluation and submit to your 5210 A Way of Life leader

Goal 1. _____

How did we implement this goal? Fully Partially Not implemented

Goal 2. _____

How did we implement this goal? Fully Partially Not implemented

Goal 3. _____

How did we implement this goal? Fully Partially Not implemented

We also have this goal (if applicable):

How did we implement this goal? Fully Partially Not implemented

If you had any difficulties implementing your goals, what were they?

Do you have any suggestions to improve 5210 A Way of Life in the community?



Step 5: Celebrate!

Receive recognition and celebrate with your team!

- By having implemented your 5210 goals you will receive a decal to recognize your Summer Camp as being a 5210 A Way of Life Summer Camp.
- Your Summer Camp will also be featured on our website and we can also promote your story in the media.
- Celebrate with your team!