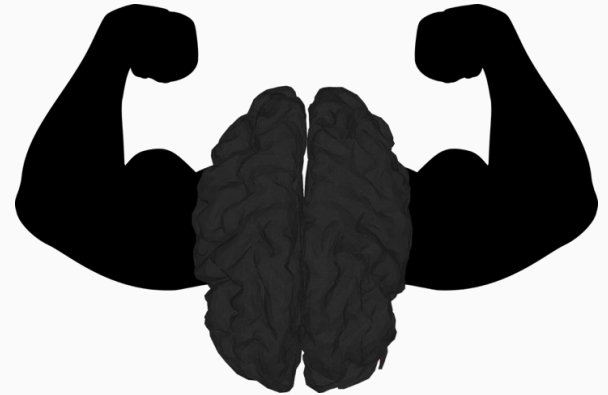


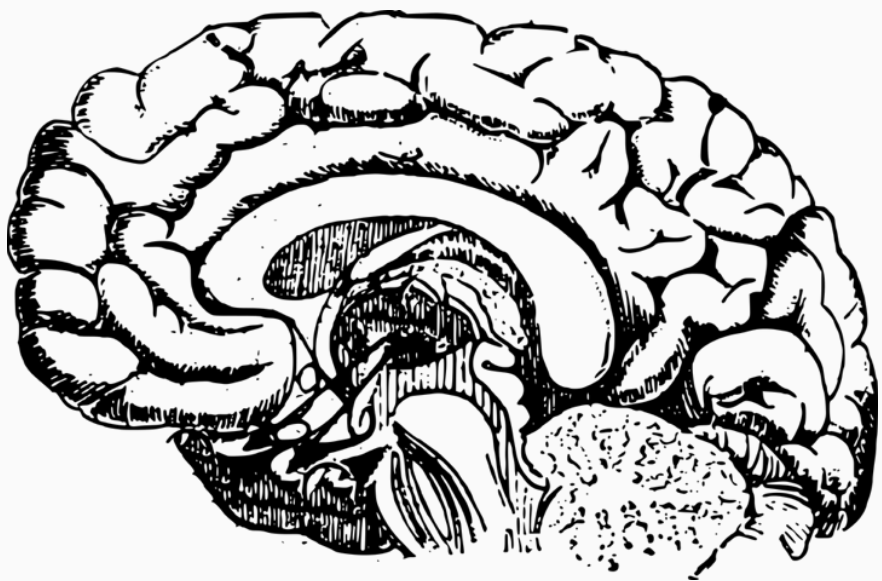


*Northumberland  
Sports Council*

# The Brain + Body Equation

Understanding the connection between  
physical literacy and mental health





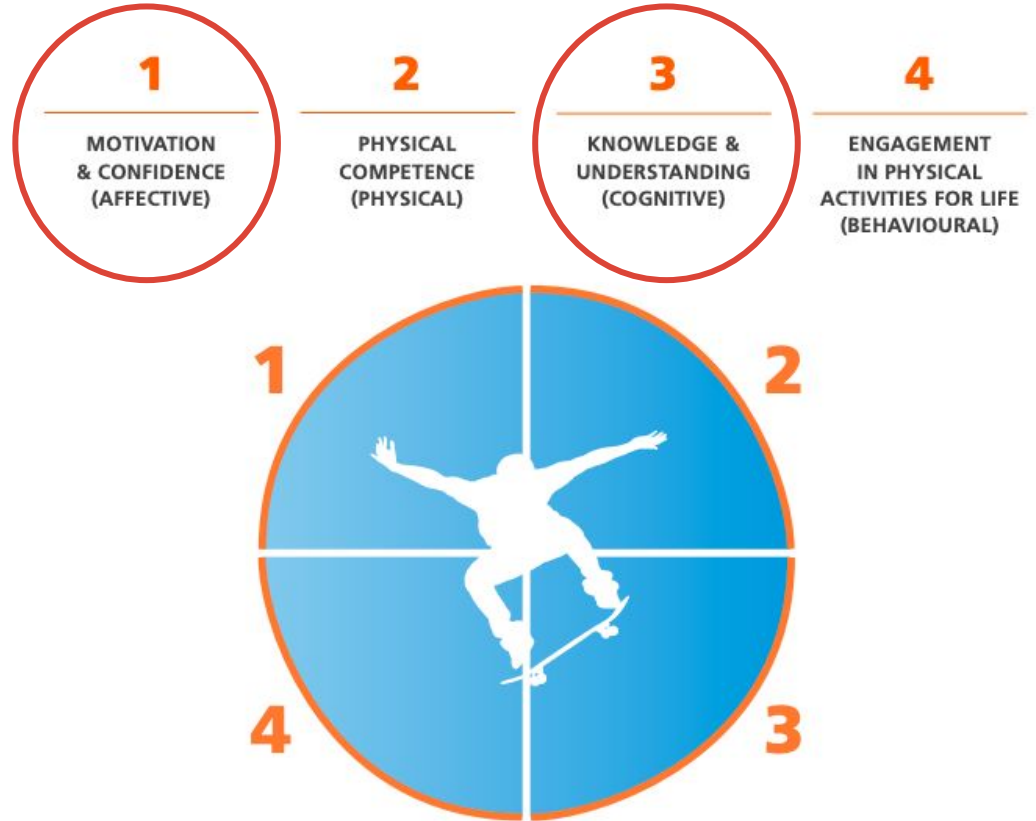


# What is Physical Literacy?

- **Enjoying physical activity**
- Feeling confident while participating in physical activities
- Having the confidence to try new activities or try old activities in new environments
- Understanding why it's important to be active
- Being able to adapt activities to the growing and changing body

## Core Elements of Physical Literacy

*As per the International Physical Literacy Association definition and Canada's Physical Literacy Consensus Statement there are four essential and inter-connected elements.*



# What is Mental Health

- **Feeling good**
- Having a positive self concept and high self esteem
- Coping with everyday stressors
- Ability to problem solve
- Ability to relate to others and make friends
- Helping others
- Getting enough sleep
- Realizing you can do or be anything if you put your mind to it

## Mental Health



Is defined as a **state of well-being** being in which the person:

Can tackle the normal difficulties of life

Is aware of his/her own abilities

Can work productively

Is able to contribute to his/her community

**PAHO**



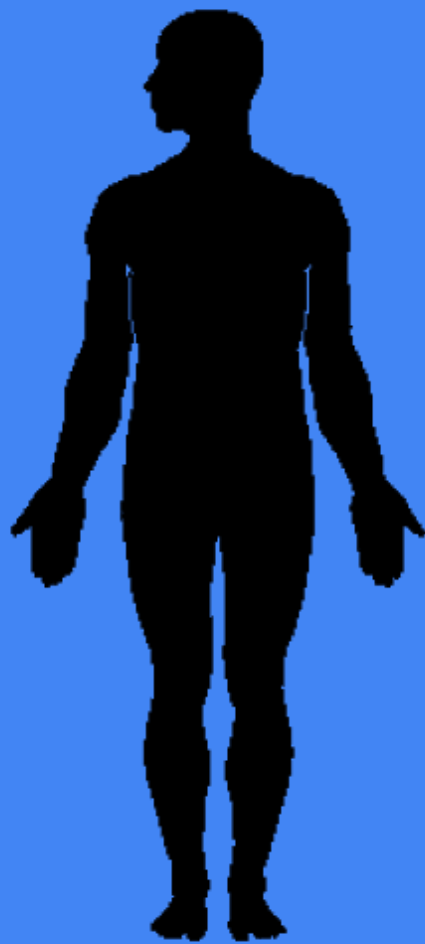
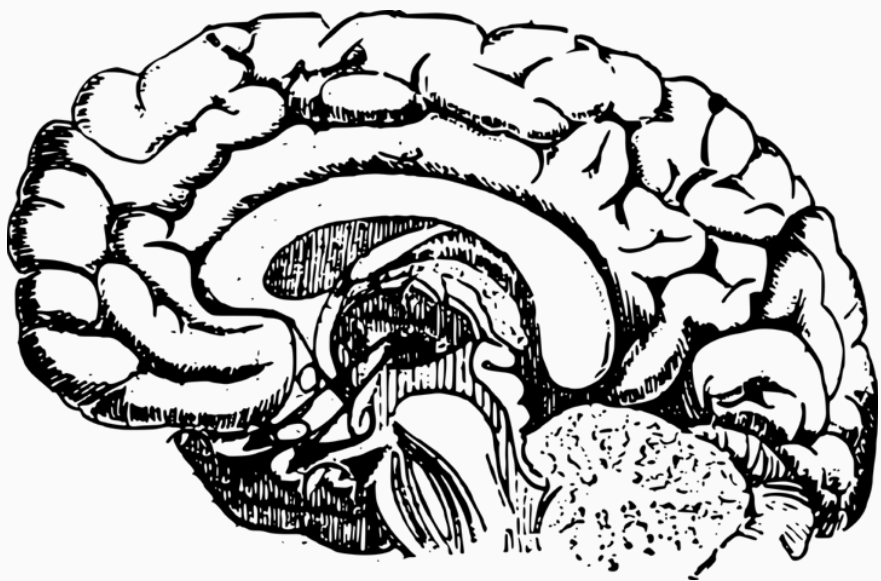
Pan American  
Health  
Organization



World Health  
Organization  
ORGANIZACIÓN MUNDIAL DE LA SALUD

[www.paho.org/nmh](http://www.paho.org/nmh)

#LetsTalk





Can you stand on one foot for 20 seconds? (Left foot first, then right foot)

# How much is enough physical activity?

Children and Youth ages 4 - 18 need:

- 60 min of moderate - vigorous physical activity **each day**
- Vigorous activities at least 3x a week
- Activities that get kids strengthening their bones and muscles at least 3x a week
- The more the better! - It's hard to have too much activity, if supported with proper hydration and nutrition in a supportive and positive environment

Age	Males	Females
<b>6-11 yrs</b>	<b>48.9%</b>	<b>34.7%</b>
<b>12-15 yrs</b>	<b>11.9%</b>	<b>3.4%</b>
16-19 yrs	10%	5.4%
20-59 yrs	3.8%	3.2%
60+	2.5%	2.3%

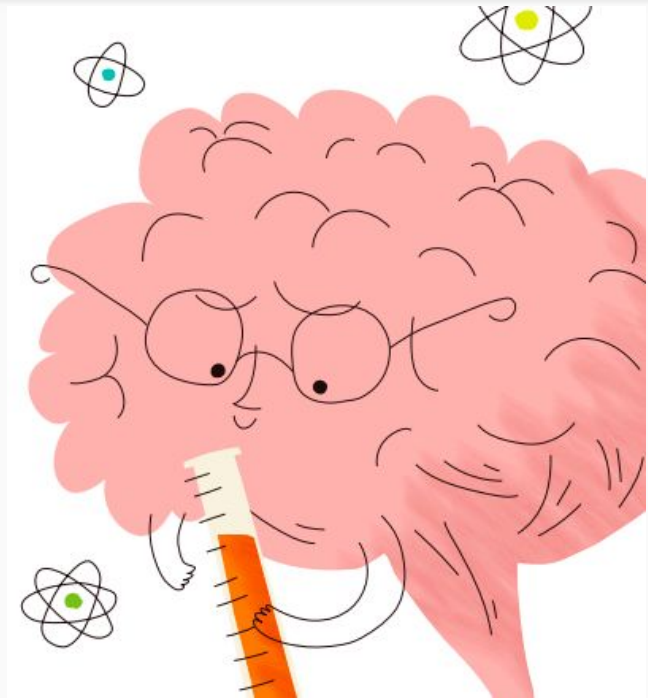


# Why does this matter?

“Physical activity is broadly beneficial to how the brain controls thoughts and behaviours, and even how the brain is structured. These brain benefits occur after short bouts of physical activity and become more apparent with regular physical activity.”

“Physical activity plays an important role in helping children and youth learn better, solve problems more creatively, and develop healthier brains.”

“Children and youth who are least active or who have brain-based disabilities may have the most to gain.”



Reduction in  
Depressive  
Symptoms



Enhanced  
Self Esteem/  
Self Confidence

Decreased  
Feelings of  
Anxiety

Improved  
Stress  
Response

# Be Active as Family

Mental health benefits from being physically literate impacts **EVERYONE!**





Parents,  
Don't Give Up!

It's a Marathon not a Sprint! REGULAR physical activity more important than intense physical activity ...

# Physical Activity + COVID 19

## What does Stage 2 mean for Organized Physical Activity in Northumberland County?

- Town Of Port Hope
  - Getting ready for gradual recreation reopening
  - Considerations for Sports fields, Day camp, outdoor programming, Aquatics and rentals
  - All facilities are currently closed until July 2.
- YMCA Northumberland
  - Getting ready to reopen our childcare centers, pool and summer day camp
  - YThrive = Free At Home Workouts
- Outdoor Amateur Sport
  - Has been given the Go-Ahead by the Ontario Government BUT organizations need their return to play guidelines approved - **it is not going to be your typical sports experience**

## Make sure your information is reliable!

Visit the Health Unit website for most up to date info [www.hkpr.on.ca/covid-19-2/covid-19/](http://www.hkpr.on.ca/covid-19-2/covid-19/)

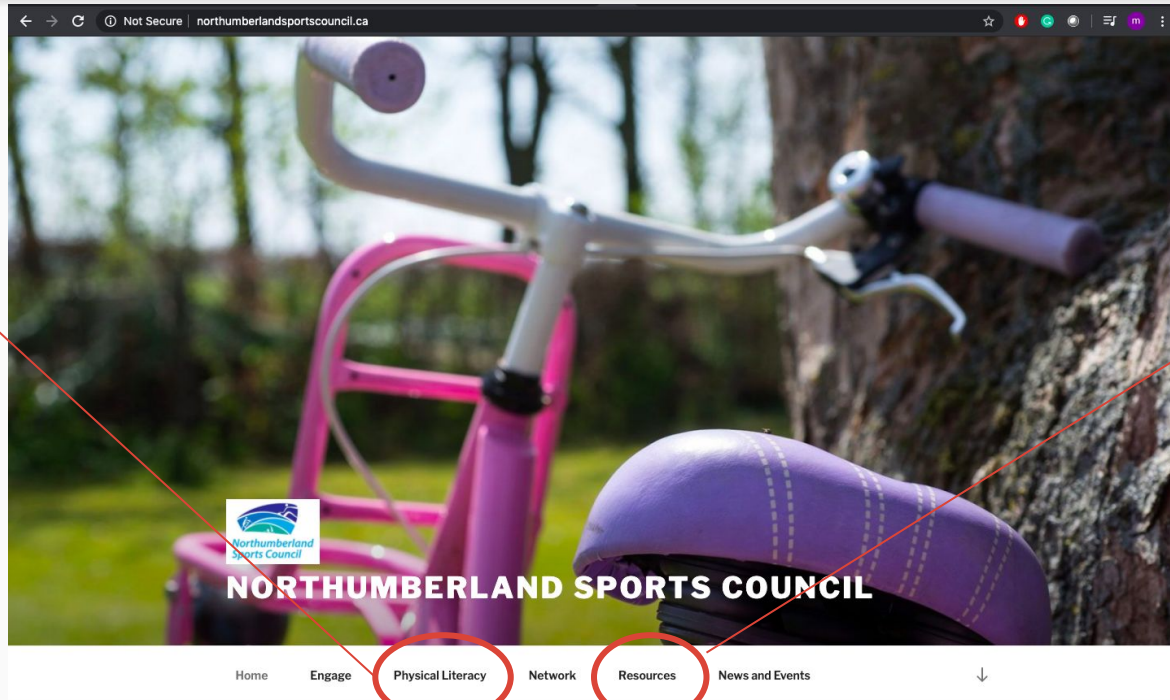
Visit [NorthumberlandSportsCouncil.ca](http://NorthumberlandSportsCouncil.ca) or follow us on Facebook for local Sports and Physical Activity Info



# Visit our Website for activity ideas!

[www.NorthumberlandSportsCouncil.ca](http://www.NorthumberlandSportsCouncil.ca)

**Physical Literacy** =  
Games and  
Activities you can  
play at home



**Resources**= Info  
covered specifically  
in this webinar

# Moral of the story? Be the Role Model

Encourage your children and youth to be active as often as possible.

**Direct prompts:** Adult-led activities that guide or invite children to learn in specific ways.

**Implied prompts:** Adult sets up materials with a specific activity idea in mind, but children choose whether to do the intended activity or to use the materials in their own way.

**Open exploration:** Play materials are accessible to kids (on a shelf or table, or in a basket) but there is no direct or implied prompt of any kind.



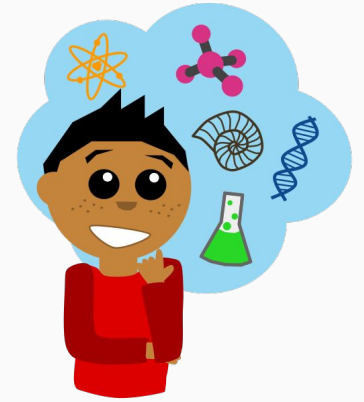
# Outdoor Play

## Science Experiments

- Try one of our outdoor science experiments that will encourage you to explore while you move!

## Meeting Neighbours with Sidewalk Chalk

1. Create a hopscotch or “Don’t walk on the road obstacle course”
2. Write down any rules the participant has to follow
3. Leave a piece of Sidewalk Chalk for your neighbours to add onto the activity OR write their name and a small message if they complete the activity
4. Encourage all ages to participate



Win a FREE  
pizza for  
being active  
and sharing  
your  
awesome  
ideas!!



NORTHUMBERLAND SPORTS COUNCIL

# ACTIVE KID OF THE MONTH



Share a photo or video of what you're doing to stay active these days and be entered into a monthly draw to win a FREE large pizza from Boston Pizza Cobourg!



# Find Support Locally

Funding available to help you get  
your kids active this summer

- Equipment Costs
- Registration Costs
  - Camps Included
- Membership Costs

[www.northumberlandsportscouncil.ca/engage/kid-sport](http://www.northumberlandsportscouncil.ca/engage/kid-sport)

**IN SUPPORT OF**



**KidSport**<sup>TM</sup>

**NORTHUMBERLAND**

# Thank you for joining us today!

## Northumberland Sports Council

[www.northumberlandsportscouncil.ca](http://www.northumberlandsportscouncil.ca)

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@NthdSC 

