

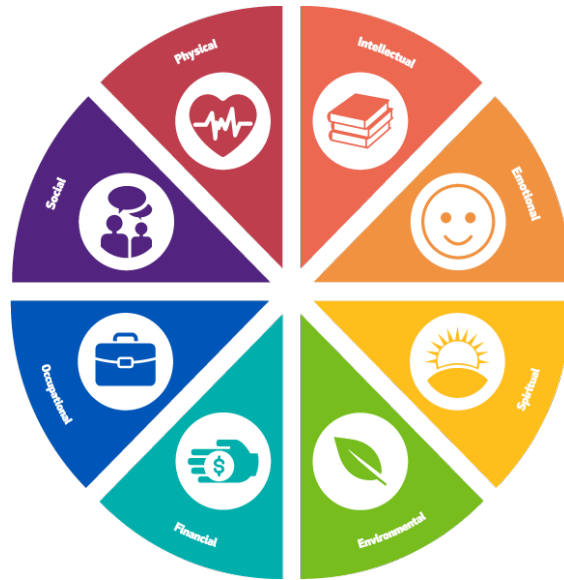


## What is the Active Living Program?

The goal of the **Active Living Program** is to encourage, support, and motivate Nova Scotia Community College students, staff, and faculty to embrace more holistically healthy lifestyle. It has been established that taking the whole person into account addresses a larger number of opportunities to help and support the community. Aspects such as mental wellness, nutrition, physical wellness, financial preparedness and other elements of living a holistically active lifestyle is shown to relax the mind and body, decrease symptoms of anxiety and depression, bring awareness to the forefront, increase energy, raise self-esteem, promote fitness, and reduces the risk of many chronic diseases.

We will work to align the program more closely with the college's Mental Wellness Strategy and consider the Eight Dimensions of Wellness, which include:

- **Physical** - *affected by physical activity, healthy nutrition, and adequate sleep.*
- **Intellectual** - *recognize unique talents to be creative and seek out ways to use knowledge and skills.*
- **Emotional** - *cultivating emotional awareness and building resilience.*
- **Spiritual** - *values and beliefs that help find meaning and purpose in life.*
- **Environmental** – *the environment, both social and natural surroundings.*
- **Financial** - *a feeling of satisfaction about financial situation; financial literacy.*
- **Occupational** - *balancing work and leisure time, building relationships with coworkers, and managing workplace stress.*
- **Social** - *a sense of connectedness and belonging.*



We hope to provide all participants with opportunities throughout the program to get resources and information, community support and encouragement, and motivation in the form of prizes for participating.

## The Okanagan Charter: An International Charter for Health Promoting Universities and Colleges

Released in 2015, the Charter calls on postsecondary institutions—including NSCC—to embed health into all aspects of campus culture across their administrative, operational, and academic mandate. The Charter also challenges post-secondary institutions to lead health promotion actions and collaboration locally and globally. We are reminded through the Charter that the well-being of people requires us to take an explicit stance in favour of health, equity, social justice, and sustainability.

For more information on these initiatives, please visit the following links:

<https://open.library.ubc.ca/cIRcle/collections/53926/items/1.0132754>

[https://bp-net.ca/wp-content/uploads/2019/03/OkanaganCharter-CampusAdoptionGuidance\\_2018-03-20.pdf](https://bp-net.ca/wp-content/uploads/2019/03/OkanaganCharter-CampusAdoptionGuidance_2018-03-20.pdf)

<https://healthpromotingcampuses.squarespace.com/>

## How to Get Involved

Simply register for each event or activity that interests you! Active Living participation opportunities will be presented through means such as GooseChase scavenger hunts, Kahoot trivia games, social media posts, webinars, Teams meetings and other forms of interactive engagement and participants will be able to register for individual events they find interesting.

## How to Stay Up to Date

To keep participants motivated and informed, regular communication will be offered via e-mail, Facebook, Instagram and Connect. Ideas like financial tip of the week, recipe of the week, monthly wellness challenges, resources and ongoing motivation tips and tricks will be posted through these media and of course participants would be encouraged to share their own ideas, post pictures, and link up with other participants for support. And keep in mind, the more you're involved, the greater the chance of being rewarded!

## Staff and Faculty Involvement

We welcome the participation of staff and faculty in the program! Whether it's joining in on events and activities or offering their expertise in areas of the program, we look forward to everything that our talented and diverse community has to offer. Remember, we're all in this together and the more we share, the better we all are!

Further to this, we recognize a significant opportunity to include various college departments to offer their resources and supports to participants that will help them attain the goals based on the Eight Dimensions of Wellness model. Counsellors, Health and Wellness committees, OH&S Committees, Sustainability committees, Student Awards, Financial Aid, and other available supports will be invited to provide resources and information to participants and to get involved with the program to help it become deeper and more relevant.

## Need More Information?

We're happy to provide you with more information or hear your comments, feedback, and suggestions. You can get in touch with us using the following:

Email: [studentlife@nsc.ca](mailto:studentlife@nsc.ca)

Web: <https://www.nscstudentassociation.ca/active-living>

Facebook: <https://www.facebook.com/NSCCStudentLife>

Instagram: <https://www.instagram.com/nscstudentlife/>