

# Active Living Charter for Residents of the Township of South Glengarry

***Physical activity, sport, recreation, and play can occur anywhere and at any time!***

The development of a more physically active community is seen by the Township of South Glengarry (“the Township”) as a favorable component to increase the quality of life of its residents. The Township also believes that partaking in physical activity is a key element to an individual’s physical and mental health, and well-being.

## ***The Township of South Glengarry’s Physical Activity Charter aims to ensure that:***

- The positive impact of physical activity, sport, recreation, and play is acknowledged;
- All residents have the right to be physically active (regardless of citizenship, place of origin, race, ancestry, creed, sex, sexual orientation, age, marital status, family status, and / or disability);
- Opportunities and facilities to participate in physical activity, sport, recreation, and play should be equally accessible and available to all;
- All residents can be active participants in promoting participation in physical activity, sport, recreation, and play and that coaches, volunteers, instructors, event organizers, and other Township of South Glengarry residents who provide opportunities to become active, are recognized for their valuable contributions to the community;
- The successful promotion of the Township’s Active Living Charter is achieved through partnerships with various stakeholders including upper levels of government, educational facilities, not-for-profit organizations, sporting organizations, faith-based organizations, the private sector, clubs, and families.

## ***The Township of South Glengarry supports physical activity through:***

- Equipment such as, playground structures and sports fields;
- Education and awareness to motivate the residents of the Township to be active;
- Community recreation programming that encourages healthy active lifestyles in recreation centres, community schools, and parks and open spaces;
- Working together with people and organizations to promote South Glengarry as an active community.

***In partnership with  
The Eastern Ontario  
Health Unit***



*Ontario's Celtic Heartland*