



## Red Fox Hometown Tourists



Red Fox Hometown Tourists is a healthy living program for adults with multiple barriers to physical activity.

Adult clients of the Positive Outlook Program of Vancouver Native Health Society participate in walking adventures throughout Metro Vancouver. The clients of the Positive Outlook Program have multiple health conditions including chronic diseases, mental health issues and trauma recovery.

Twice weekly, the program members come together and strap on their pedometers, take out their walking journals and tighten the laces on their new walking shoes. They exercise their bodies while reinvigorating their minds and spirits by exploring cultural, historical and natural features of local parks and walking trails.

The flyer has a green header with the Red Fox logo on the left and the text 'ACTIVE IS HOME TOWN TOURIST' on the right. Below the header is a grid of six images: a person walking on a waterfront path, a view of snow-capped mountains, a historical clock tower, a modern sculpture, a Native American statue, and a person sitting on a rock by the water. Below the images, the text reads: 'Join Red Fox "Home Town Tourist" Walks. Tuesday and Thursday from 12:30 to 3:00 p.m. Walks start at 449 E. Hastings St. Enjoy the sights and sounds of one of the most beautiful cities in the world.' At the bottom, there is a row of logos including the Vancouver Native Health Society, Active Communities Vancouver, and various community partners.

The pilot of Red Fox Hometown Tourists ran from February to August 2010. It was funded by Walk BC and the Positive Outlook Program of Vancouver Native Health Society. From the start of the program, participants shared how engaging in social and physical interactions with their peers, while learning about art, culture and history, or while exploring nature, was awakening in them a renewed energy and thirst for new experiences. They were feeling healthier in their bodies and in their outlooks.

After some of the first walks of the program, the participants said: "It's invigorating" and "I feel awake".

They talked about how it is "Nice to be in the woods: the air is better, it's relaxing".

After a few months of adventures, the participants commented:

"Red Fox Hometown Tourists has been helping me in building new changes into a healthier lifestyle"

"Walking is easier now than it was at the beginning of the program. I'm looking forward to it".

"My sleep is better", "the walks are quieting, by getting out of downtown" "the expectation for me to show up gives me a sense of responsibility and accomplishment".

On a very wet rainy day, "Lots of challenges: mud, rain, hills. It was do-able with the group, not on my own. I've made the commitment: rain or not, I will show up".



The Red Fox Hometown Tourists is increasing inner city participation in citywide events like Move for Health Day, the Steam Line Walk and the City's Destination Walking program. Inner city residents now have a way to be involved in all of Vancouver's guided walking events.

Red Fox Hometown Tourists is fostering healthier bodies and more hopeful futures for our most marginalized members of society. In the fall and winter, we are introducing participants to local indoor recreation and cultural facilities, including skating rinks, museums, and community fitness centres. We will be assisting the participants to obtain and use their own Leisure Access Cards so that they can sustain activities on their own.

We are always looking for new ideas and energy. If you would like more information or to contact us, call:

Emma Sutherland at 604.319.2571, or

[www.redfoxrecreation.org](http://www.redfoxrecreation.org)

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Red Fox Recreation delivers recreation programming to foster healthy active living to Aboriginal and inner city children, youth, adults and families in Vancouver. At-risk youth, and adults with multiple barriers gain skills and confidence through taking hands-on training, recreation team-building exercises and coaching workshops to increase their employment and life skills and prepare them to work in the recreation field. Established in 2006, Red Fox has been cited as a best practices model by the Province and has won awards including the British Columbia Recreation and Parks Association's Programme Excellence Award. Red Fox Recreation partners with the Vancouver Park Board, Vancouver Native Health Society, the Vancouver School Board and several eastside Community Centre Associations.

[www.redfoxrecreation.org](http://www.redfoxrecreation.org)