



## What is Hamilton Moves?

**HAMILTON MOVES** is a collaborative project funded by Ontario Trillium Foundation that brings together SportHamilton, City of Hamilton Recreation, City of Hamilton Public Health Services, Hamilton Wentworth Catholic District School Board and Sport for Life, to build upon the work being done around Physical Literacy for children in the Hamilton community.

**HAMILTON MOVES** will focus on training to build capacity in over 2,000 staff and volunteers to deliver effective physical activity and quality sport programs for children aged 0-10 years including recreation, sport, education, and health in the City of Hamilton. We will build on the collaborative work completed by community partners in Hamilton to increase physical activity and sport participation of these children through a physical literacy approach. This project will develop an innovative communication and awareness program utilizing all of the project partner channels with messaging targeted directly at parents and caregivers to increase their knowledge of the importance of increased physical activity to improve both physical and mental health outcomes.

**Vision:** Improved physical literacy and enhanced opportunities for physical activity, quality sport, and recreation in the City of Hamilton.

**Mission:** Educate, support, and engage all citizens of the City of Hamilton to help contribute to lead active, healthy lifestyles of children and youth aged zero to 10.

**Values:** We, the Partners, value the physical, social, emotional, intellectual, and spiritual well-being of all individuals, but especially of our developing children who deserve the best possible opportunities to develop all aspects of their well-being. Providing the building blocks and foundation for our children to be confident, competent, knowledgeable, motivated, and engaged movers for life is key to happy, healthy, and successful individuals and building a great community and society. We believe that working collaboratively with our partners and stakeholders is the best way to achieve these goals. Our aim is to help make Hamilton one of the healthiest communities in Canada.

