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Miramichi Regional Health Authority

Régie régionale de la santé de Miramichi

Mango program becomes partner in Rotary Pond Hockey

(Miramichi) The Miramichi Regional Health Authority's Mango program is pleased to be partnering with this year's Miramichi Rotary Pond Hockey Tournament.

Mango is a community-based health promotion program whose focus is to create awareness on the importance of healthy eating and physical activity in the prevention of chronic disease. The Mango program is involved in many communities within the region; as well as workplaces, schools and homes.

"As the Mango team, we are continuously out in the community celebrating opportunities where healthy eating and physical activity are present," says Mango coordinator and dietician Renee Frenette. "The pond hockey tournament is a great example of physical activity, not only for the players themselves, but for the families and friends going to watch."

The organizers of the Miramichi Rotary Pond Hockey tournament will be changing things this year. The all-terrain vehicles that usually used the main trails to and from the ice surface will be using a different trail this year. This will make more room for the public to walk the trails at French Fort Cove that lead to and from the games.

"When Mango heard this, we felt it was a great opportunity to get involved and help motivate the public as they attend this year's pond hockey tournament," Frenette said.

"The trails will be open allowing adults and children to walk at their own pace, safely and there will be rest stops for those who need to take a break." Walking the trail at French Fort Cove is an excellent way to put some physical activity into your day, she adds.

The Mango team has been out measuring distances on the trails and will be letting the public know how many 'steps' it is to and from the games. Tournament goers will also be able to read motivational signs when walking the short distance from their cars to the ice surface. Adding to this, Mango, 'Eat Well' choices will be available in the canteen to the public who wishes to make healthier choices while visiting the tournament on the weekend.

"We measured the distance from a parked car located near the children's play park, down the trail to the ice surface. It was a 5 minute walk. To the ice surface and back to that car, were 1,500 steps toward your total daily physical activity. That's a great way to add up your physical activity for the day," Frenette said.

Members of the Miramichi Rotary Pond Hockey tournament will be wearing pedometers, supplied by Mango, for the weekend to promote physical activity during the event. Mango encourages anyone who has a pedometer to wear it while at the event. "We are enthusiastically looking forward to hearing the amount of steps that organizers will have when the weekend is over. We'd love to hear what the public does as well."

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