



## Stay Active and Eat Healthy at the Crystal Pool and Fitness Centre

Date: Thursday, June 11, 2009

For Immediate Release

VICTORIA, BC — It will soon be a lot easier to purchase healthy food and beverages when working out at the Crystal Pool and Fitness Centre. This Saturday, the City will be launching its new *Stay Active, Eat Healthy at the Crystal Pool and Fitness Centre* initiative, timed with the annual *Play in the Park* community event that kicks off the Centre's summer camp program.

By Saturday, all eight of the Centre's vending machines will be converted to a 70% - 30% split of *Choose Most - Choose Least* foods. Healthier choices such as milk, granola bars, pita crackers, fruit, vegetables and baked potato chips will be available for purchase.

The public will have the opportunity to learn more about the new program during *Play in the Park*, as well as sample healthy snacks and beverages and participate in games, sports and activity stations at this family event.

What: Launch of Stay Active, Eat Healthy at Crystal Pool and Fitness Centre at Play in the Park  
When: Saturday, June 13, 2009, from 2 p.m. – 4 p.m.  
Where: Central Park, next to Crystal Pool and Fitness Centre

The new program is made possible by a \$7,500 Healthy Food and Beverage Grant from the British Columbia Recreation and Parks Association (BCRPA) and the Union of British Columbia Municipalities (UBCM), which the City is matching with in-kind services.

The funding provides for a Dietician to review existing food and beverage choices and make recommendations for improvement, the development of policy for day camps, and staff training at the Centre.

BCRPA and UBCM are co-leading the *Stay Active Eat Healthy* initiative to encourage the sale of healthy food and beverage options in community recreation facilities and local government buildings through on-site vending machines, concessions, cafeterias and snack bars. For more information, visit: [www.stayactiveeathealthy.ca](http://www.stayactiveeathealthy.ca)

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