



Manitoba *in motion* **Physical Activity Grants**

Guidelines for Applicants

Healthy Kids, Healthy Futures

In August 2004, Premier Gary Doer announced the creation of an all-party task force called Healthy Kids, Healthy Futures to ask Manitobans how to help children and young people enjoy the best possible health now and into their adult lives. The task force was particularly interested in factors that affect children's health in the areas of nutrition, physical activity and injury prevention.

One of the recommendations from the Task Force report was that the provincial government introduce **Manitoba *in motion*** in the fall of 2005.

Manitoba *in motion*

In motion is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health and enjoyment. The provincial government has joined with community partners in physical activity, health, healthy living, recreation, sport and education to raise activity levels and reduce barriers to physical activity.

Most of us already know the importance of active living. Physical activity increases energy, reduces stress, strengthens the heart and lungs, and helps us reach and maintain a healthy body weight. The result is a better quality of life for people of all ages. Yet less than half of all Manitobans get enough physical activity to gain those health benefits.

Physical Activity Grants

Purpose of the Grants

Funding is available to help community partnerships plan and implement ways to increase regular physical activity among citizens of all ages.

Who can apply?

Eligible applicants include local partnerships that may consist of municipalities, non-profit community organizations, coalitions, business and industry, and other social and community services.

We encourage partnerships to involve all stakeholders including the health, recreation and sport, and education sectors. We also encourage participation of

citizen groups such as seniors' organizations, parent-child coalitions, service clubs, chambers of commerce, workplace wellness committees, and others.

Priority will be given to communities that are registered as Communities ***in motion***. To find out if your community has registered and who the contacts are, visit the Manitoba ***in motion*** website at:

www.manitobainmotion.ca/communities/

If your community is "in motion" your Community ***in motion*** partners should be listed in the Community Partners section of the grant application form.

What projects can be funded?

Funds can be used for a wide range of activities that provide opportunities to increase regular physical activity. Funds must be used for new or expanded activities and not for existing programs and services.

Some examples:

- Developing an action plan to become a **Community in motion**
- Increasing the awareness among citizens of the health and personal benefits of active living
- Removing barriers to physical activity
- Developing ways to reach inactive groups of people
- Providing new or expanded opportunities for active living
- Starting a Workplace ***in motion*** initiative
- Creating local policy, plans, and programs for physical activity

Grant funding **can not** be used for:

- Capital investment in the construction or development of facilities
- Deficit reduction
- School curriculum – although schools may be used for community programs and activities, school-based activities that occur within a regular school day will not be funded
- Political or religious activities
- Fundraising events
- Donation to another organization
- Food related expenditures greater than 10 per cent of your grant; these would include items such as food expenses for banquets, dinners, celebrations, meetings, etc.
- Property taxes, insurance, utilities, office rentals
- Alcoholic beverages or tobacco products
- Cash prizes
- Existing programs or services
- Competitive sport development and/or training
- Team or group travel
- Team uniforms
- Groups with closed membership

How much funding is available?

Applicants may apply for up to 50 per cent of total project costs to a maximum of \$3,000 (three thousand dollars). Applicants must show matching funds in the amount that they have applied for. For example, if you have applied for \$3,000, you must show matching funds (either in-kind and/or cash contributions) in your revenue for \$3,000.

SAMPLE BUDGET

Funds Requested	
\$3,000	
REVENUE	
Cash contributions, fundraising and other grants	\$1,000
In-kind contributions (non-cash – please list)	
• Staff time contributed in-kind	\$1,000
• Facility provided free of charge	\$1,000
Other sources (please list)	\$0
TOTAL REVENUE	\$3,000
EXPENDITURES (Please list)	
Staff time to work on project	\$1,000
Renting of facility of project	\$1,000
Production of promotional materials	\$4,000
TOTAL EXPENDITURES	\$6,000
TOTAL Surplus/Deficit	\$3,000 Required

Applicants' contributions to the project can include cash, documented in-kind support or a combination of both. In-kind support might include such contributions as:

- donation of program equipment and materials
- leadership and other staffing costs
- facility costs if a fee would normally be charged

Records of in-kind contributions must be kept and may be requested.

How do we apply?

Complete the **Manitoba *in motion*** Physical Activity Grant Application (enclosed) and submit by mail, fax or e-mail to:

Manitoba Healthy Living
Manitoba ***in motion***
2nd floor, 300 Carlton Street
Winnipeg MB R3B 3M9
Fax: (204) 948-2366
E-mail : inmotion@gov.mb.ca

Note: If you are submitting your application by e-mail, please write “Manitoba ***in motion*** Grant Application” in the subject line.

What is the deadline for applications?

There are two intakes for **Manitoba *in motion*** Physical Activity Grant applications. The intake dates are:

- 1) **May 15, 2007** for projects starting after July 1, 2007
- 2) **October 15, 2007** for projects starting after January 1, 2008

What happens after we submit our application?

Applications will be reviewed.

Applicants may be contacted to clarify their request or for additional information. Incomplete applications will not be considered.

All successful and unsuccessful applicants will receive a letter regarding the outcome of their application.

A funding round can take up to 3 months from the close of application to the time that decisions are finalized and announced.

What other steps are required?

Successful applicants will need to submit a final report including project results and a financial statement. **Manitoba *in motion*** will provide the reporting form.

For help completing the application you may contact:

1. inmotion@gov.mb.ca or 945-3648, Toll free, 1-866 788-3648
2. Manitoba Healthy Living
2nd floor, 300 Carlton Street
Winnipeg MB R3B 3M9
Phone: 204-788-6609 or 788-6652
Fax: 204-948-2366
3. Recreation and Regional Services
6th floor, 13 Notre Dame Avenue
Winnipeg MB R3B 1N3
Phone: 204-945-4405
Fax: 204-945-1684
4. Your Manitoba Culture, Heritage and Tourism, Recreation and Regional Services Office:

Westman Region	Central Region	Parkland Region
Room 146,340-9th Street Brandon, MB R7A 6C2 Phone: (204) 726-6066 Fax: (204) 726-6583	225 Wardrop Street Morden, MB R6M 1N4 Phone: (204) 822-5418 Fax: (204) 822-4792	27-2nd Avenue, S.W. Dauphin, MB R7N 3E5 Phone: (204) 622-2022 Fax: (204) 638-6558
Norman Region	Eastman Region	Interlake Region
3rd and Ross Ave. Box 2550 The Pas, MB R9A 1M4 Phone: (204) 627-8213 Fax: (204) 623-5792	20-1st Street, S. Beausejour, MB ROE OCO Phone: (204) 268-6018 Fax: (204) 268-6070	62 Second Ave. Box 1519 Gimli, MB ROC 1B0 Phone: (204) 642-6006 Fax: (204) 642-6080
Norman Region	Recreation and Regional Services Branch	
59 Elizabeth Drive Thompson, MB R8N 1X4 Phone: (204) 677-6780 Fax: (204) 677-6862	6th Floor, 213 Notre Dame Avenue Winnipeg, MB R3B 1N3 Phone: (204) 945-3766 Fax: (204) 945-1684 RRS@gov.mb.ca	

5. If you are in Winnipeg, you may also contact:
Winnipeg *in motion*
490 Hargrave Street
Winnipeg, MB R3A 0X7
Phone: 940-3648
Fax: 957-0884