

Town of Castor

Wellness Policy

Purpose

Castor Community members enjoy a well-balanced quality of life.

The Town of Castor has identified potential Health and Wellness elements linked to enjoying a well-balanced quality of life.

1. Physical Wellness – involves understanding that eating well, exercise, healthy choices are important; that making healthy lifestyle choices today will affect how we feel tomorrow, how long you live, and perhaps more importantly the quality of your life.
2. Intellectual Wellness—being internally energized by an optimal amount of intellectually stimulating activity.
3. Community Inclusion - To be included is to be accepted and to be able to participate fully within our families, our communities, and our society.
4. Healthy Built Environment – Are environments that support physical, mental, and social health and well being. This includes: Human made, modified, or natural environments as well as parks and recreation, transportation and food systems.
5. Economic Wellness – The ability to make economic choices and feel a sense of security, satisfaction, and personal fulfillment.

Town Obligations:

- Provide and promote affordable and meaningful recreational opportunities.
- Encourage use of walking trails and facilities.

- Investigate and explore resident and public input to assess community needs.
- Strive to support healthy food and beverage choices.
- Promote and support learning activities, opportunities, and community events.
- Provide and maintain areas where individuals may participate in a healthy active lifestyle.

Public Obligations:

- Seek out, value, and participate in local wellness opportunities.
- Reach out and share wellness needs with the Town.
- Positively influence those around you to participate and value wellness.
- Endeavour to make healthy food choices the first choice.
- Utilize and respect built environments.

Wellness is a vital aspect of building a viable community!

Approved by motion in Council on January 28, 2019.

Mayor

C.A.O.