



Fearless Physical Activity



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From 2016 to 2018 the Canadian Congenital Heart Alliance (CCHA) partnered with CHEO's HALO Research Institute, and recreational facilities in your local community to deliver Fearless Physical Activity events for children, teens, and adults living with congenital heart disease (CHD) across Ontario through funding from the Province of Ontario. Each season, Fearless Physical Activity events were held in London, Ottawa, Thunder Bay or Sudbury and Toronto for all ages and all levels of ability and experience! These events were very successful in creating new connections amongst families living with congenital heart defects, as well as new partnerships with local recreational facilities. These new connections will help to continue to strengthen the support of the CCHA community. We are now working on establishing this as a permanent program and expanding to other provinces. These events offer opportunities to:

Connect - Discover - Learn



CONNECT: opportunity to network with other CHD families

DISCOVER: community resources that will help you to lead an active lifestyle

LEARN: a variety of fun physical activity opportunities to enable those living with CHD to adopt an active lifestyle without fear

*"It was great to be able to **connect** with other CHD families in a **fun & active way**"*



These events are a chance to learn and try out a variety of fun physical activities for people of all ages and abilities living with congenital heart disease (CHD) and their families, to encourage an active lifestyle without fear. These events include an educational session to talk about fears and learn tips and tools to overcome fear and barriers to physical activity. Events are also an opportunity to connect and network with other CHD families and build a support system within your local community.

Interested in Fearless Physical Activity?

Many different activities, including a variety of sports, games, crafts and team building tasks were introduced over the course of the project. As we aim to ensure that recreational facilities and families can continue to host Fearless events in the future, we have provided some of the resources throughout the year for you to try at home! A more in-depth guide to hosting a Fearless event will be available soon!

Interested in getting a Fearless Physical Activity event where you live? Contact us at info@cchaforlife.org

Try out some of these fun activities below with family and friends and start becoming more active today!

Fearless Physical Activity Resources

Recreational Games

 [Download Recreational Games Summary.pdf](#) (1.17 MB)

 [Download Builders_Bulldozers.pdf](#) (1.75 MB)

 [Download Frisbee Bocce.pdf](#) (1.44 MB)

 [Download Hot Chocolate River Monster.pdf](#) (1.55 MB)

 [Download Pizza Tag.pdf](#) (779.29 KB)

 [Download Squirt!.pdf](#) (1.13 MB)

 [Download Strike A Pose.pdf](#) (1.24 MB)

 [Download Team Tic Tac Toe.pdf](#) (1.2 MB)

 [Download The Machine \(2\).pdf](#) (621.06 KB)

Meditation

 [Download Meditation.pdf](#) (388.25 KB)

Yoga

 [Download Fearless Resource - Yoga.pdf](#) (1.82 MB)

Tai Chi

 [Download Fearless Resource - Tai Chi.pdf](#) (862.41 KB)

Crafts

 [Download Crafts Summary.pdf](#) (1.42 MB)

 [Download Balloon Stress Ball.pdf](#) (1.16 MB)

 [Download Breathing Beads \(1\).pdf](#) (923.77 KB)

 [Download Fire Breathing Dragon.pdf](#) (1.33 MB)

 [Download WindSock Kite.pdf](#) (1.47 MB)

Ressources du programme Activité physique audacieuse

Les jeux récréatifs

 [Download Ressources du programme Activité physique audacieuse_Les jeux récréatifs_que sont-ils exactement.pdf](#) (1.13 MB)

 [Download Ressources du programme Activité physique audacieuse_Les bâtisseurs et les bulldozers.pdf](#) (1.77 MB)

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 [Download Ressources du programme Activité physique audacieuse_J'veais t'arroser!.pdf](#) (1.15 MB)

 [Download Ressources du programme Activité physique audacieuse_Prenez la pose.pdf](#) (1.26 MB)

 [Download Ressources du programme Activité physique audacieuse_Le tic-tac-toe en équipe.pdf](#) (1.22 MB)

 [Download Ressources du programme Activité physique audacieuse_La machine.pdf](#) (639.96 KB)

Méditation

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Yoga

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Tai Chi

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Résumé des activités de bricolage

 [Download Ressources du programme Activité physique audacieuse_Résumé des activités de bricolage.pdf](#) (1.37 MB)

 [Download Ressources du programme Activité physique audacieuse_Balle antistress.pdf](#) (1.19 MB)

 [Download Ressources du programme Activité physique audacieuse_Bracelet de perles pour des exercices de respiration.pdf](#) (945.8 KB)

 [Download Ressources du programme Activité physique audacieuse_Dragon cracheur de feu.pdf](#) (1.38 MB)

 [Download Ressources du programme Activité physique audacieuse_Cerf-volant style manche à air.pdf](#) (1.49 MB)

This program was developed through funding from the Province of Ontario Ministry of Tourism, Culture and Sport, and in partnership with CHEO Research Institute and recreational facilities in your local community.

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