

## Race for Well-Being: Facilitator Instructions

**Note:** This activity has been adapted from the "Health Race Game", developed by Kerensa Medhurst and the Canadian Cancer Society (BC and Yukon) Prevention Team.

### INTRODUCTION

We all know that active living is good for us. But people from underprivileged situations tend to be less active and have higher rates of chronic disease than the average Canadian.

What prevents people from participating in physical activity and accessing recreation services? While income and social status are key factors, active living is about more than just money. It's about choices.

As you'll see, the choices we make are shaped by the choices we have. Individual behaviors – smoking, drinking, diet and exercise – matter for health. But making healthy choices also depends on where you live – your neighbourhood, your residence, your proximity to recreation services, and safe places to walk, jog, bike or play. Unemployment or a low-paying job, lack of transportation, hopelessness and loneliness - all of these factors impact your health and well-being.

This quick-paced interactive group activity helps to illustrate the inequities that impact our ability to be healthy and physically active.

Try it with your colleagues, friends, and family. You may be surprised to see who wins in the **Race for Well-Being**.

#### Time:

15-30 minutes, including debriefing

#### Space Requirements:

Large space to accommodate up to 12 participants in a line and being able to move across the floor in a race.

#### Group Size/Adaptation Options:

- Option 1** – Group Race: Individuals race each other (group size 2-12)
- Option 2** – Individual Race: Individuals complete a written handout, comparing profiles (Group size 12 +)



A joint initiative of  
BC Recreation and Parks  
Association and the Heart  
and Stroke Foundation of  
BC & Yukon.



ActNowBC.ca

An initiative of these  
BC Healthy Living Alliance  
members



Canadian  
Cancer  
Society  
BRITISH COLUMBIA AND YUKON



HEART &  
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Finding answers. For life.



**Materials:****Option 1:** Profile Cards (Tool 1A)

Designated "Start Line" marked off with tape, chairs, or other object  
Sheet of Race for Well-Being Questions (Tool 1B)  
Debriefing Questions

**Option 2:** Race for Well-Being Individual Score Sheets (Tool 1C)

Pens/Pencils  
Debriefing Questions

**Objective**

To provide participants the opportunity to understand the complexity around issues of well-being;

1. The social, economic and environmental inequalities that impact the ability to attain and maintain health.
2. The influences on the development of a healthy leisure lifestyle.
3. The resources available to a variety of individuals for leisure involvement and participation.

**ACTIVITY DESCRIPTION****Preparation:**

**Gather supplies.** Depending on size of group, have Profile Cards (Tool 1A) and Questions (Tool 1B) or have photocopies of the Race for Well-Being Individual Score Sheets (Tool 1C).

**Introduction:**

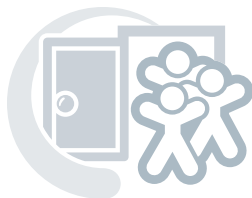
**From Power Point Slide:** Most people know that active living is good for them.

*"We all know that active living is good for us. We all know where to go to be physically active, but what stops us? It is more complex than just individual choice."*

*"Let's play a game to find out"*

**Activity Description:**

Each individual participates by being assigned a profile. Based on the personal demographics and life circumstances of the profile they receive, participants respond to the Race for Well-Being Questions.



**Option 1 Instructions:** Individuals race each other (group size 2-12)

- Ask participants to line up in a straight line behind a designated “start line”.
- Hand out a Profile Card to each participant. Explain that they are to assume the role of the person on their profile.
- Explain that you will be reading out a set of questions that are related to well-being. If the participant in their designated profile can answer “yes” to the question, they can take a step forward. If they can answer “no”, they must take a step backwards.
- Read out the questions from sheet of Race for Well-Being Questions. Allow time for participants to move.
- When finished asking the questions, determine who is farthest ahead in the race.
- Have winning participant read out their profile.
- Have participant that moved the least read out their profile.
- Instruct all participants to return to their seats.
- Refer to Debriefing Questions to engage group in discussion.

**Option 2 Instructions:** Individuals complete a written handout, comparing profiles (group size 12 +)

- Ask participants to break into groups of 3 or 4 .
- Hand out Race for Well-Being Individual Score Sheets to each individual, ensuring that there are no duplicate profiles in a small group.
- Have each participant read their profile out loud within their group.
- Explain that each person is to answer the questions on their sheet from the perspective of the person on their profile sheet.
- Have the groups work through the questions together.
- Have the participants add up their “yes” answers to determine who in their group won the Race for Well-being.
- Instruct participants to come back to the larger group to debrief.
- Refer to Debriefing Questions to engage group in discussion.

**Debriefing Questions:**

- What did you learn from this game?
- What did you learn about well-being?
- What influences participation in physical activity?
- How can we minimize the negative impacts on health and well-being?
- Was there something in this game that surprised you?
- How will you apply what you have learned from this game in your life/work?

**Leadership Considerations:**

Some participants may have a difficult time understanding their profiles and “role playing”. Before starting the game, Facilitators may encourage people to close their eyes and take a few breaths to imagine themselves in the profile.

