

# Race for Well-Being: Character Profiles

**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.

## PROFILE CARDS FOR OPTION 1 – GROUP RACE:

Print the following character profile cards. Cut along the dotted line and distribute to participants.

- If using this game more than once, please consider laminating and re-using.



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



An initiative of these  
BC Healthy Living Alliance  
members



EVERYBODY ACTIVE

**ROSALIA**

**Profile:** 36 year old South American female with 2 young children. She is a recent refugee, speaks very little English, and lives in a rooming house in Vancouver's Downtown Eastside. She receives income assistance.



EVERYBODY ACTIVE

**JULIA**

**Profile:** 43 year old female Caucasian nurse who has chronic back pain, works night shifts, and has always secretly considered herself a lesbian. She lives in Powell River, and is a practicing Christian.



EVERYBODY ACTIVE

**STEPHANIE**

**Profile:** 35 year old Caucasian female, single and pregnant. She has not completed high school and works as a waitress in a pub for minimum wage and tips. She lives with a girlfriend in a basement suite in Fort Nelson.



EVERYBODY ACTIVE

**PAUL**

**Profile:** 36 year Caucasian male, gay and recently separated from his longtime partner. He has part-time custody of their 10 year old daughter. Paul lives in Trail and is an x-ray technician.



EVERYBODY ACTIVE

**YASSAMAN**

**Profile:** 34 year old female university student from North Vancouver. Her tightly-knit family immigrated from Iran when she was in elementary school. She is in medical school but secretly dreams of being a performer. She still lives at home.



EVERYBODY ACTIVE

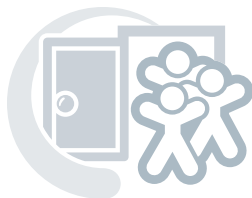
**GINA**

**Profile:** 40 year old Aboriginal female living on a reservation that is 6 miles from Prince George. Gina is paraplegic from an accident 10 years ago and uses a manual wheelchair. She doesn't drive. Her 2 kids live with their father on another reservation.

**Card Back:**  
Page 1 backs up  
onto page 2.

**Cut along the dotted  
line on page 1  
and distribute to  
participants.**





**Card Face:**

**Page 3 backs up  
onto page 4.**

**Cut along the dotted  
line and distribute to  
participants.**



EVERYBODY ACTIVE

**CATHY**

**Profile:** 37 year old Caucasian stay-at-home mother of 3 with “traditional values” and a well-kept home in Kelowna. Her husband has a 6 figure income and has given her a generous allowance and a large SUV. Cathy completed high school but has no post secondary education and has never had paid employment.



EVERYBODY ACTIVE

**BILLY**

**Profile:** 34 year old Aboriginal male who works in a factory making \$12/hour. He is in a relationship with a white female and lives in Prince Rupert. He practices some traditional native spirituality, but lives away and is disconnected from his family and home community. Billy is a serious smoker.



EVERYBODY ACTIVE

**RANJIT**

**Profile:** 51 year old Indo-Canadian male, married and father of 4 living in Squamish. Trained as an aviation mechanic, yet he works at a local gas station and at Wal-Mart for \$9.00/hour, at least 72 hours/week. He is the sole income earner for his family. He is deeply religious and very involved with the local Indo-Canadian community, when time permits.



EVERYBODY ACTIVE

**GLORIA**

**Profile:** 44 year old Chinese-Canadian mother of 2 teenagers. Born in Canada and currently living in South Surrey, she works as an events coordinator for a large company and volunteers with her church on the weekends. Her mother had Type 2 diabetes and died of a heart attack. Gloria's last physical was over 10 years ago.



EVERYBODY ACTIVE

**PAOLO**

**Profile:** 51 year old Filipino male migrant worker living in a one-bedroom apartment with several co-workers in Grand Forks. Paolo works from dawn until dusk during the summer and often works more than 80 hours a week, especially during harvest time, and sends most of his earnings home to his family.



EVERYBODY ACTIVE

**MARIA**

**Profile:** 43 year old Mexican female who immigrated to Canada two years ago with her husband and 5 year old son. Maria has only been offered jobs at a fish processing plant and as a cook in a restaurant, despite her education and experience as an office administrator. The family lives in a rental apartment near a busy bridge in Vancouver.



EVERYBODY ACTIVE

**MICHAEL**

**Profile:** 52 year old Black male who is CEO of a successful corporation. He works 60 hours a week and must frequently entertain important clients, which he likes to do on the golf course. Michael is not happy with his marriage and has 3 teenagers at home in West Vancouver.



EVERYBODY ACTIVE

**VIN**

**Profile:** 45 year old single Korean male with no dependents, living in Fort St. John. He recently lost his seasonal job in Canada due to frequent illness. He has been diagnosed with a chronic lung condition and is always out of breath. He speaks little English but is university educated from Korea.



**Card Back:**  
Page 3 backs up  
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line on page 3  
and distribute to  
participants.**



**Card Face:**

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onto page 6.**

**Cut along the dotted  
line and distribute to  
participants.**



**EVERYBODY ACTIVE**

**SEAN**

**Profile:** 35 year old Caucasian male recently released from prison for stealing cars. He lives in an old apartment in New Westminster and is collecting income assistance while working towards finishing high school. He used to play basketball when he was younger but doesn't want to run into any of his old buddies until he gets his life back together.



**EVERYBODY ACTIVE**

**SAM**

**Profile:** 35 year old Metis female who just moved into a transition house in Williams Lake. Sam has some college education and is trying to improve her life. She is currently on income assistance and hopes to find a full time job soon. In her youth, she was an active traditional dancer.



**EVERYBODY ACTIVE**

**JAMIE**

**Profile:** 41 year old single mother of two school-aged children, renting a unit at the trailer park just outside of Kamloops. Jamie works full time at the convenience store and has less than a high school education. She has recently been diagnosed with high blood pressure and is at risk of developing diabetes. Her doctor has told her to lose weight.



**EVERYBODY ACTIVE**

**HARRY**

**Profile:** 39 year old Indo-Canadian male who worked at the mill in Stewart his entire life before it shut down. Harry is actively looking for a job but with his limited work experience and education, he is finding it challenging. To make ends meet, his wife works double-shifts at the diner. He has never been unemployed and is becoming depressed.



**EVERYBODY ACTIVE**

**COLIN**

**Profile:** 39 year old Caucasian male. He has a Masters level education in computer information systems, is self-employed, and works alone from home. He lives alone in a condo in downtown Victoria, and has never married. His family is all in Ontario.



**EVERYBODY ACTIVE**

**DAVID**

**Profile:** 50 year old Aboriginal male living in a town just down the road from his reservation. He has close friends and relatives close by and makes a decent living working for the band office as a program coordinator. Although he is doing well for himself, he does not feel fully accepted in the neighbourhood where he lives.



**EVERYBODY ACTIVE**

**MAGDA**

**Profile:** 53 year old female refugee from Somalia living in subsidized housing in Burnaby. Magda came to Canada with her daughter and grandchildren. She knows very little English, rarely leaves the house and cares for her young grandchildren when her daughter is at work.



**EVERYBODY ACTIVE**

**DORA**

**Profile:** 56 year old single Chinese-Canadian woman living in Abbotsford. Dora is a nurse and supports her elderly parents and her dog on a single income. Her parents are both in good health, but Dora has developed some chronic pains due to the nature of her work.



**Card Back:**  
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onto page 6.

**Cut along the dotted  
line on page 5  
and distribute to  
participants.**