

air aware

getting active for cleaner air



A PROGRAM OF:



CLEAN AIR CHAMPIONS
DE L'AIR PUR



Champion **Meaghan Buisson**, shown here participating in active transportation, holds 47 Canadian titles in Inline Speed Skating.

EMPOWERING YOUTH TO ENHANCE PERSONAL HEALTH AND IMPROVE AIR QUALITY

WHAT IS AIR AWARE?

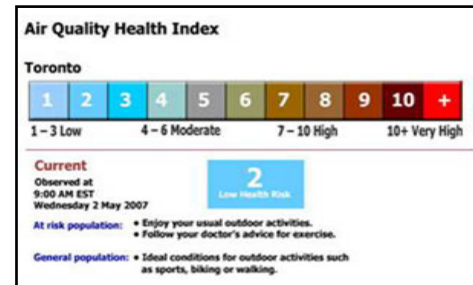
Air Aware is a program of Clean Air Champions, a national charity whose mission is to inspire and empower Canadians to make personal choices to reduce air pollution and live healthier, more active lifestyles.

Air Aware is a national, curriculum linked program for grades 10-12 that offers a web 2.0 site, curriculum activities, games, resources and more.

WHAT ARE THE GOALS OF THE AIR AWARE PROGRAM?

1. **Educate** → Active, more sustainable living (reduce air pollution & climate change AND improve health)
2. **Promote** → Air Quality Health Index
3. **Inspire** → Easy-to-achieve lifestyle changes

An important feature of Air Aware is the Air Quality Health Index or "AQHI". AQHI is the world's first index of its kind and was developed by the Government of Canada. It is a scale from 1 to 10 designed to help Canadians understand the potential impact poor air quality can have on their health.



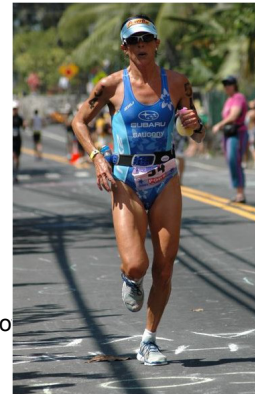
Check your local AQHI daily at www.airhealth.ca

HOW IS AIR AWARE CURRICULUM LINKED?

Air Aware includes lessons for teachers which meet curriculum expectations for BC, SK, MB, ON, NS and NL. Curriculum activities are provided in many subject areas including Health & Physical Education, Sciences and Social Studies.

HOW WILL STUDENTS BE MENTORED?

Our Champions (top national team, Olympic and Paralympic athletes) play a key role in delivering educational presentations about air quality and active living. They share personal stories and inspire students to commit to easy-to-achieve behaviours, leading to positive reinforcement for sustainable and healthier lifestyles.



Champion **Lisa Bentley** suffers from asthma & cystic fibrosis – both can lead to serious breathing complications when exposed to poor air quality.

IS THERE A COST INVOLVED?

NO! Thanks to the generous support of our partners there is no cost involved.

HOW DO I REGISTER?

Go to www.airaware.net and click on "Sign Up for Teachers."

HOW CAN I FIND OUT MORE?

Visit www.airaware.net. You can also e-mail Allison Kawall, Air Aware National Program Coordinator, at allison@cleanairchampions.ca or call (613) 226-6786.

**BE THE CHANGE THAT YOU WANT TO SEE
IN OUR ENVIRONMENT AND YOUR HEALTH.**

BE AIR AWARE!

CAC THANKS THE FOLLOWING SPONSORS FOR THEIR GENEROUS SUPPORT:

