House of Commons
Chambre des communes
Canada

House of Commons Standing Committee on Finance – Pre-budget Consultations 2013

This brief is submitted by:

(•) **an organization** **Organization name:** Leduc Beaumont Devon Primary Care Network

or

( ) **an individual** **Name:** _____

Topic: Health

*Recommendation 1: Please provide a short summary of your recommendation.

Expand the fitness tax credit to include ADULTS. This would allow adults (including seniors) to claim up to $500 in eligible fees for enroling an eligible program of physical activity (details to be determined but in line with the children's tax credit.

Expected cost or savings: From the pull-down menus, please indicate the expected cost or savings of your recommendation to the federal government and the period of time to which the expected cost or savings is related.

unknown

3 years

Federal funding: Please provide a precise indication of how the federal government could fund your recommendation. For example, indicate what federal spending should be reallocated, what federal tax measure(s) should be introduced, eliminated or changed, etc.

Expand the fitness tax credit to include ADULTS. This would allow adults (including seniors) to claim up to $500 in eligible fees for enroling an eligible program of physical activity (details to be determined but in line with the children's tax credit. As with all primary prevention and health promotion programs, you have to spend more money in the short term to see long term cost savings. Of course, taking money from the health system, which is already strained, is not the answer.

Intended beneficiaries: Please indicate the groups of individuals, the sector(s) and/or the regions that would benefit by implementation of your recommendation.

Health Benefits of Physical Activity:
- Significantly reduces the risk of coronary heart disease and stroke
- Reduces diabetes
- Prevents site specific cancers (such as colon, breast and lung cancer)
- Combats osteoporosis7
- Protects against obesity and assists in weight control
- Fosters development of healthy muscles, bones and joints
- Increases strength and endurance
-Contributes to mental health by protecting against stress and anxiety and reducing depression

General impacts: Depending on the nature of your recommendation, please indicate how the standard of living of Canadians would be improved, jobs would be created, people would be trained, etc.

Social Benefits of Physical Activity
- Promotes social inclusion in communities.
- Social inclusion is the when resources and opportunities are equitably distributed to enable people to live comfortably, to take part in society and to feel that they are valued and respected members of the community
- Can provide opportunities for people to develop social networks and reduce social isolation, loneliness and alienation.

Cost savings: Health Canada estimates that for every $1 invested in physical activity alone, there is a long-term savings of $11 in health care.

Topic: Please select from the pull-down menu

Recommendation 2: Please provide a short summary of your recommendation.

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Please select from the drop down menu

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General impacts: Depending on the nature of your recommendation, please indicate how the standard of living of Canadians would be improved, jobs would be created, people would be trained, etc.

Topic: Please select from the pull-down menu

Recommendation 3: Please provide a short summary of your recommendation.

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Please select from the drop down menu

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General impacts: Depending on the nature of your recommendation, please indicate how the standard of living of Canadians would be improved, jobs would be created, people would be trained, etc.

Please use this page if you wish to provide more explanation about your recommendation(s).

*Please note that at least one recommendation must be provided