



Patient & Family Guide

2023

Staying Active

**Barrington and
Shelburne Areas**



www.nshealth.ca

Staying Active

Guidelines

- Adults 18 years of age and over should get at least 150 minutes of moderate to vigorous aerobic physical activity a week. Do 10 minutes or more at a time.
- It is also good to do muscle and bone strengthening activities using major muscle groups at least 2 days a week.

The more physical activity you do, the more health benefits you will have.

Intensity

- **Low intensity:** able to talk and breathe normally
 - › Examples: easy walking, gardening, housework, stretching
- **Moderate intensity:** causes you to sweat a little and breathe harder than normal
 - › Examples: brisk walking, biking
- **Vigorous intensity:** causes you to sweat and be out of breath
 - › Examples: cross-country skiing, swimming, jogging

Benefits

Being active for least 150 minutes a week can help lower the risk of:

- › Premature (early) death
- › Heart disease
- › Stroke
- › High blood pressure
- › Certain types of cancer
- › Type 2 diabetes
- › Osteoporosis
- › Being overweight or obese
- › Diabetes complications, if you already have diabetes (like amputations, kidney failure, vision loss)

It can also improve your mental health, strength, and overall fitness.

What are your questions?

Please ask. We are here to help you.

Local exercise activities

Shelburne

Equipment Loan Program

- Equipment includes: snowshoes, Nordic walking poles, hockey skates, basketballs, and more
 - › 136 Hammond Street
 - › Phone: 902-875-3544 ext. 229
 - › www.municipalityofshelburne.ca/equipment-loan-program.html

Shelburne Regional High School Drop-In Programs (youth and adults)

- Fitness Centre: Monday to Thursday, 5:45 to 8:45 p.m.
 - › Phone: 902-875-2831
 - › www.municipalityofshelburne.ca/community-use-programs.html

earthMonkey Yoga

- › Email: info@earthmonkey.yoga
- › www.earthmonkey.yoga

Shelburne Physiotherapy Fitness Centre

- › 10 Ann Street
- › Phone: 902-875-1539
- › www.shelburnephysio.ca/services/fitness.html

Fit Folks

- First visit is free.
 - › 128 Water Street
 - › Phone: 902-874-0148 or 902-879-0101
 - › http://fitfolks.ca/Fitfolks/About_Fitfolks.html

Sou'Wester Athletics

- › 173 Mowatt Street
- › Phone: 902-319-9190
- › <http://souwesterathletics.ca>

Shelburne County Arena

- › 73 John Street
- › Phone: 902-875-2977
- › www.municipalityofshelburne.ca/shelburne-county-arena.html

Shelburne Curling Centre

- › 144 John Street
- › Phone: 902-875-2226
- › Email: Shelburnecurling@bellaliant.com
- › www.shelburnecurlingcentre.weebly.com

Barrington

Sandy Wickens Memorial Arena

- › 12 Park Lane
- › Phone: 902-637-2015
- › www.barringtonmunicipality.com/Municipal-Services/arena

Municipal Pool (outdoors)

- › 12 Park Lane
- › Phone: 902-637-2015
- › www.barringtonmunicipality.com/Municipal-Services/municipal-pool

Barrington Regional Curling Club

- › 40 Park Lane
- › Phone: 902-637-2009
- › <https://barringtoncurlingclub.weebly.com>

Tennis Court

- › 27 Park Lane
- › Phone: 902-637-2015 ext. 239 or 237
- › <https://southshoreconnect.cioc.ca/record/BAR0021?Number=0>

Flex Appeal (women only)

- › 3496 Highway 3
- › Phone: 902-637-1248

Because Health

- › 3418 Barrington Passage
- › Phone: 902-789-6866
- › Email: becausehealth@hotmail.com
- › www.becausehealth.studio.xplor.co

Line dancing

- Mondays, 6 p.m.
 - › Barrington High School, 536 Oak Park Road
 - › Phone: 902-746-4066

**Pick a time and place.
Make a plan and move!**

- Join a community running or walking group.
- Go for a brisk walk around the block.
- Try yoga.
- Bike or walk to work.
- Rake the lawn.
- Take the dog for a walk.
- Go for a nature hike.
- Take up a favourite sport again.
- Be active with your friends and family members.
- Join a run or walk for charity.

