### Patient & Family Guide

2023

### **Staying Active**

# Barrington and Shelburne Areas



### **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 Sreet
- > 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.

Notes:			
			_
			_
			_
			_
			-

#### Looking for more health information?

Find this pamphlet and all our patient resources here: https://library.nshealth.ca/PatientEducation Contact your local public library for books, videos, magazines, and other resources.

For more information, go to http://library.novascotia.ca

Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Diabetes Centre, Roseway Hospital Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

WK85-1990 © January 2023 Nova Scotia Health Authority The information in this pamphlet is to be updated every 3 years or as needed.

