Staying Active

Guidelines

• Adults 18 and over should get at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, doing 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 per week.

Doing more physical activity gives greater health benefits.

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 at least 150 minutes per week can help lower the risk of:
› premature 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 (such as amputations, kidney failure, vision loss, etc.)

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

Local exercise activities

Shelburne

Equipment Loan Program
• Equipment includes: snowshoes, Nordic walking poles, hockey skates, basketballs, and more

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

TARA Yoga & Meditation Center
Phone: 902-874-1064
Email: virginiaart19@gmail.com

Shelburne Physiotherapy Fitness Centre
Phone: 902-875-1539

Fit Folks
• First visit is free.
Phone: 902-874-0148 or 902-879-0101
http://fitfolks.ca/Fitfolks/About_Fitfolks.html

Sou’Wester Athletics
Phone: 902-818-1401
http://souwesterathletics.ca

Shelburne County Arena
902-875-2977
https://www.municipalityofshelburne.ca/shelburne-county-arena.html
Barrington

Sandy Wickens Memorial Arena
Phone: 902-637-2760
www.barringtonmunicipality.com/recreation/arena

Municipal Pool (outdoors)
Phone: 902-637-2885

Barrington Regional Curling Club
Phone: 902-637-2009
https://barringtoncurlingclub.weebly.com

Tennis Court
Phone: 902-637-2903
www.barringtonmunicipality.com/recreation/facilities#tc

Sou’Wester Athletics
Phone: 902-818-1401
http://souwesterathletics.ca
Flex Appeal (women only)
Phone: 902-637-1248

Causeway Fitness Centre
Phone: 902-637-2225

Line dancing
Phone: 902-746-4066

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

› Join a weekday 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 family members
› Take part in a run or walk for charity
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Find this pamphlet and all our patient resources here: http://library.nshealth.ca/PatientGuides  
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  

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www.nshealth.ca  

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The information in this pamphlet is to be updated every 3 years or as needed.