



Patient & Family Guide  
2026

# Staying Active

Barrington and  
Shelburne Areas



[www.nshealth.ca](http://www.nshealth.ca)

# Staying Active

## Guidelines

- Adults 18 years old or older should get at least 150 minutes of moderate to vigorous (see below) aerobic activity a week, for at least 10 minutes or more at a time.
- Aerobic activity is exercise that makes your heart beat faster and causes you to breathe faster. This makes your heart pump more blood through your body, bringing more oxygen (air) to your body's muscles.
- It is also good to do muscle and bone strengthening activities using major muscle groups at least 2 days a week.
- The resources in this pamphlet can help you choose the right activities for you.

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

## Intensity

**Intensity** is how hard an exercise or activity is for you to do.

- **Low intensity:** you are 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 your 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 strength, overall fitness, and mental health.

## **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/programs-services/](http://www.municipalityofshelburne.ca/programs-services/)

#### **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/facilities/#community-use-of-srhs](http://www.municipalityofshelburne.ca/facilities/#community-use-of-srhs)

#### **earthMonkey Yoga**

- › Email: [info@earthmonkey.yoga](mailto:info@earthmonkey.yoga)
- › [www.earthmonkey.yoga](http://www.earthmonkey.yoga)

#### **Shelburne Physiotherapy Fitness Centre**

- › 10 Ann Street
- › Phone: 902-875-1539
- › [www.shelburnephysio.ca/services/fitness.html](http://www.shelburnephysio.ca/services/fitness.html)

## **Fit Folks**

- Your first visit is free.
  - › 128 Water Street
  - › Phone: 902-874-0148 or 902-879-0101
  - › [http://fitfolks.ca/Fitfolks/About\\_Fitfolks.html](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/facilities/#shelburne-county-arena](http://www.municipalityofshelburne.ca/facilities/#shelburne-county-arena)

## **Shelburne Curling Centre**

- › 73 John Street – Unit B
- › Phone: 902-875-2226
- › Email: [info@shelburnecurlingcentre.ca](mailto:info@shelburnecurlingcentre.ca)
- › <https://shelburnecurlingcentre.ca/>

## **Barrington**

### **Sandy Wickens Memorial Arena**

- › 12 Park Lane
- › Phone: 902-637-2015 ext. 227
- › E-Mail: [rec@barringtonmunicipality.com](mailto:rec@barringtonmunicipality.com)
- › [www.barringtonmunicipality.com/  
Municipal-Services/arena](http://www.barringtonmunicipality.com/Municipal-Services/arena)

### **Municipal Pool (outdoors)**

- › 12 Park Lane
- › Phone: 902-637-2903
- › [www.barringtonmunicipality.com/  
Municipal-Services/municipal-pool](http://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

### **Health & Fitness with Lola Jean**

- › 3496 Barrington Passage
- › Contact on Facebook

## Because Health

- › 3418 Nova Scotia 3, Barrington Passage
- › Phone: 902-789-6866
- › Email: [becausehealth@hotmail.com](mailto:becausehealth@hotmail.com)
- › <https://becausehealth.ca/>

**Pick a time and a 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 charity run or walk.

## Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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Learn more:

<https://library.nshealth.ca/patient-education-resources>