

# ACTIVE LIVING GUIDE

*Now is the time for everyone to get up and get moving!*

*Central Hastings*



# CENTRAL HASTINGS

Hastings Prince Edward Public Health (Public Health) has compiled this directory of physical activity opportunities to give you the information you need to get active in your community your way. There are many ways to be active in the Centre Hastings area, ranging from outdoor activities to recreational fitness to organized sports. In this listing you can find an activity you enjoy or look for something new!

The content of the directory is provided as an information-sharing service and inclusion is not an endorsement by Public Health. Updating will occur regularly and we will attempt to be current. If you are aware of any errors or omissions, please email [physicalactivity@hpeph.ca](mailto:physicalactivity@hpeph.ca) or phone 613.966.5500, if long distance 1.800.267.2803.

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## PHYSICAL ACTIVITY AND HEALTH

Being physically active every day is essential for people of all ages. For adults, physical activity can help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, and heart disease. When children and youth are active every day, it helps them to learn better in school, maintain a healthy body weight, and improve self-confidence. Even young children who spend less time being sedentary and more time being active can better maintain a healthy body weight, build social skills, and improve language skills.

Here are a few tips that will help you and your family sustain an active lifestyle:

- ◆ Choose activities you enjoy and build them into your daily routine. You don't have to do long periods of activity if time is a constraint. Bouts of 10 minutes or more of exercise can be added into your day to help you reach your physical activity goals. The more you spread your physical activity through the week, the better.
- ◆ Try out a new activity with friends or join a club; you may find it is easier to stick with it when you're exercising with others.
- ◆ Enjoy getting active with your family as much as possible. As a parent you play an important role in encouraging your child's physical activity. If you model an active lifestyle, your children will be active too.
- ◆ The Canadian Physical Activity Guidelines recommend moderate to vigorous physical activity. When doing moderate activity you should breathe a little harder and sweat a little (e.g. brisk walking), when doing vigorous activity you should sweat and be out of breath (e.g. jogging).
- ◆ Most importantly, remember to have fun!

### The Canadian Physical Activity Guidelines

The Canadian Physical Activity Guidelines ([www.csep.ca](http://www.csep.ca)) have recommendations for people at every stage of life.

#### 0-4 Years:

- ◆ Infants (aged less than 1 year) should be physically active several times daily, particularly through interactive floor-based play.
- ◆ Toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:
  - A variety of activities in different environments.

- Activities that develop movement skills.
- Progression toward at least 60 minutes of energetic play by 5 years of age.
- ◆ More daily physical activity provides greater health benefits.

### **5-11 Years:**

- ◆ For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:
  - Vigorous intensity activities at least 3 days per week.
  - Activities that strengthen muscle and bone at least 3 days per week.
- ◆ More daily physical activity provides greater health benefits.

### **12-17 Years:**

- ◆ For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include:
  - Vigorous intensity activities at least 3 days per week.
  - Activities that strengthen muscle and bone at least 3 days per week.
- ◆ More daily physical activity provides greater health benefits.

### **18-64 Years:**

- ◆ To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- ◆ It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- ◆ More daily physical activity provides greater health benefits.

## **65 Years & Older:**

- ◆ To achieve health benefits and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- ◆ It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- ◆ Those with poor mobility should perform physical activities to enhance balance and prevent falls.
- ◆ More daily physical activity provides greater health benefits.

## **FINANCIAL ASSISTANCE**

The Quinte Children's Foundation in partnership with Jumpstart offers financial assistance, up to a maximum of \$600 a year, to qualifying children and youth ages 4 to 18, who reside in Hastings County. Call 613.962.9311 or visit [www.quintechildrensfoundation.com](http://www.quintechildrensfoundation.com) for more information.

## AQUATICS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Booster Park Municipality of Marmora & Lake 613.472.2410 <a href="mailto:c.trimble@marmoraandlake.ca">c.trimble@marmoraandlake.ca</a>	199 Booster Park Road, Marmora <a href="http://www.marmoraandlake.ca">www.marmoraandlake.ca</a>	
Crowe Bridge Conservation Area Crowe River Conservation 705.653.1900	670 Crowe River Road, Trent Hills <a href="http://www.crowevalley.com">www.crowevalley.com</a>	
Township of Stirling Rawdon Harold Quarry 613.395.3380	Stirling <a href="http://www.stirling-rawdon.com">www.stirling-rawdon.com</a>	
Legion Park Municipality of Marmora & Lake 613.472.2410 <a href="mailto:c.trimble@marmoraandlake.ca">c.trimble@marmoraandlake.ca</a>	Corner of Cameron and Matthew Streets, Marmora <a href="http://www.marmoraandlake.ca">www.marmoraandlake.ca</a>	
Municipality of Centre Hastings 613.473.4030	230 Durham Street South, Madoc <a href="http://www.centrehastings.com">www.centrehastings.com</a>	
Municipality of Centre Hastings 613.473.4994 Off-season: 613.473.4030	Madoc Outdoor Pool 65 Queen Street, Madoc <a href="http://www.centrehastings.com">www.centrehastings.com</a>	Red Cross swimming lessons available
Municipality of Tweed 613.478.2535 or 613.478.9808	Erin Palmateer Community Pool 175 Alexander Street, Tweed	

## DANCE

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Madoc School of Dance Arts 613.473.4696 <a href="mailto:madocdanceschool@yahoo.ca">madocdanceschool@yahoo.ca</a>	89 Durham Street, Madoc <a href="http://www.madocschoolofdancearts.com">www.madocschoolofdancearts.com</a>	

## FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Apollo Barbell Club Bob Walt 613.395.3213 <a href="mailto:apollolifting1@hotmail.com">apollolifting1@hotmail.com</a>	R.R. #2, Stirling	Wheelchair accessible Ages 10+ Athletic wear and running shoes required
Chances Total Health and Fitness Centre Carolyn Logan 613.473.4034	130 St. Lawrence Street East, Madoc	
Madoc & District Recreation Centre 613.473.4206 <a href="mailto:bwatson@centrehastings.com">bwatson@centrehastings.com</a>	45 Cooper Road, Madoc	
Marmora & District Community Centre 613.472.2410	28 Victoria Street, Marmora	
Sao Fitness Shirley Anne 613.920.1643 <a href="mailto:saofitness@bell.net">saofitness@bell.net</a>	234 North Street Unit 2, Stirling	
Stirling-Rawdon District Recreation Centre 613.395.5000 <a href="mailto:Richard@stirlingarena.ca">Richard@stirlingarena.ca</a>	435 Front Street West, Stirling <a href="http://www.stirlingarena.ca">www.stirlingarena.ca</a>	
Tweed-Hungerford Community Centre Orval Erwin 613.478.2320 Municipal office 613.478.2535	297 St. Joseph Street, Tweed	Wheelchair accessible
Hastings Prince Edward Public Health 613.966.5500 <a href="mailto:physicalactivity@hpeph.ca">physicalactivity@hpeph.ca</a>	179 North Park Street, Belleville <a href="http://www.hpepublichealth.ca">www.hpepublichealth.ca</a>	Pedometers and urban poles available to community groups, walking clubs and workplaces