

ACTIVE LIVING GUIDE

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

North Hastings



NORTH 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 North 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 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 recommends 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) 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 for more information.

AQUATICS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Lake St. Peter Provincial Park 613.338.5312	P.O. Box 539, Bancroft www.ontarioparks.ca	
Silent Lake Provincial Park 613.339.2807	Highway 28 South, between Apsley and Bancroft www.ontarioparks.ca	

FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Bancroft Fitness Club Heather Lockwood 613.332.6257 bancroftfitness@hotmail.com	26596 Highway 62 South, L'Amable www.bancroftfitness.com	Wheelchair accessible
Curves Women Fitness Club 613.332.4433 office@curvesbancroft.ca	124 Hastings Street North, Bancroft www.curves.com	Wheelchair accessible Women only
Hastings Highlands Centre 613.338.2262 www.agreatwayoflife.ca	33011 Highway 62 North, Maynooth	
North Hastings Community Centre 613.332.2062 rr.nhcc@gmail.com	103 Newkirk Boulevard, Box 790, Bancroft www.northhastingscommunitycentre.ca	

FITNESS FOR SENIORS AND ADULTS WITH DISABILITIES

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Grail Springs 613.332.0154	2004 Bay Lake Road, Bancroft www.grailsprings.com	Wheelchair accessible 18+ Athletic wear

FITNESS FOR SENIORS AND ADULTS WITH DISABILITIES

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Prana Yoga & Healing Centre Troy Springer 613.332.9883 tspringer_yoga@yahoo.ca	11 Dale Street, Bancroft www.troyspringeryoga.com/	All ages Athletic wear
SMART VON Bella Stoneman 1.888.279.4866 ext. 5350 bella.stoneman@von.ca	Bancroft, Coe Hill, Maynooth Call for specific locations	Free Wheelchair accessible

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Bancroft Curling Club 613.332.3767	63 Newkirk Boulevard, Bancroft www.bancroftcurlingclub.ca	
Bancroft Golf Club Fraser Smith 613.332.2426 fraserwsmith@hotmail.com	543 Hastings Street North, R.R. #2 Bancroft	
Bancroft Martial Arts Club Dave Dalley 613.332.0431	North Hasting Community Centre, Bancroft www.bancroftmartialarts.com	Ages 6+
Bancroft Skating Club bancroftskates@gmail.com	Bancroft www.bancroftfigureskatingclub.synthasite.com	Wheelchair accessible All ages
Bancroft Tennis Club Jenny Gwilliams 613.332.2621 jenny.gwilliams01@bell.net	103 Newkirk Boulevard, Bancroft	
North Hasting Community Centre 613.332.2062 rr.nhcc@gmail.com	103 Newkirk Boulevard, Bancroft www.Northhastingscommunitycentre.ca	

OUTDOOR RECREATION

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Eagles Nest Park Christie Trail 613.332.3464 bfnaturalistclub@yahoo.ca	Bancroft Field Naturalist Club www.bfnc.ca	
Eastern Ontario Trails Alliance	www.thetrail.ca/index.php/find-trails/check-out-our-trails for a full list of trails	
Highland Wilderness Tours Matt and Penny Nicol 613.338.2330 info@ridethewilderness.com	Box 211, Maynooth www.ridethewilderness.com/horsebackrates.htm	Dog sledding Horseback riding Wilderness tours
Lake St. Peter Provincial Park 613.338.5312	P.O. Box 539, Bancroft www.ontarioparks.ca	
Peterson Trail Township of Hastings Highlands 613.338.2811	1568 Peterson Road, Maynooth www.northhastings.com	
Pinecone Forest Nature Sanctuary The Gus Zylstra 613.332.3651 magazine@pinecone.on.ca	691 Pinecrest Road, Boulter www.pinecone.on.ca/FORREST/index.html	
Silent Lake Provincial Park 613.339.2807	Highway 28 South, between Apsley and Bancroft www.ontarioparks.ca	
South Algonquin Trails Inc. Equestrian Outfitters 705.448.1751 or 1.800.758.4801	Box 23 Harcourt 4378 Elephant Lake Road (12 km N), Harcourt www.southalgonquintrails.com	Horseback riding
Trips and Trails Nordic Ski & Cycle 613.332.1969 tripsntrails@sympatico.ca	258 Hastings Street North, Bancroft www.tripsandtrails.ca	Biking Cross country skiing

OUTDOOR RECREATION

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Vance Farm Park Town of Bancroft bancroft@town.bancroft.on.ca	Oak Street, Bancroft www.bancroftdistrict.com	Multi-use trails

RECREATIONAL FITNESS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Bancroft North Hastings Children's Services 613.332.0179 ext. 24 nhcs@bellnet.ca	20 Hastings Heritage Way, Bancroft www.nhcs.ca	Playgroups
Bancroft North Hastings Children's Services 613.332.0179 ext. 24 nhcs@bellnet.ca	Woodview Lane Housing 1 Woodview Lane, Bancroft www.nhcs.ca	Playgroups
Bancroft Bowling Centre 613.332.1323	295 Mill Street, Bancroft	Wheelchair accessible
Community Care for North Hastings Roxina Keith 613.332.4700 ext. 26	14 Monck Street, Bancroft North Hastings Secondary School	Free indoor walking All ages
Maynooth North Hastings Children's Services 613.332.0179 ext. 24 nhcs@bellnet.ca	Old Maynooth Community Centre 33090 Highway 62 North, Maynooth www.nhcs.ca	Playgroups
McArthur's Mills North Hastings Children's Services 613.332.0179 ext. 24 nhcs@bellnet.ca	Mayo Community Centre Mayo Lake Road, McArthur's Mills www.nhcs.ca	Playgroups

PEDOMETER AND URBAN POLE LENDING PROGRAMS

Who to contact

Hastings Prince Edward Public Health
613.966.5500
physicalactivity@hpeph.ca

Where is it?

179 North Park Street, Belleville
www.hpepublichealth.ca

Extra info

Pedometers and urban poles available to community groups, walking clubs and workplaces