

ACTIVE LIVING GUIDE

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

South East Hastings



SOUTH EAST 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 South East 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.

TABLE OF CONTENTS

PHYSICAL ACTIVITY AND HEALTH.....	1
The Canadian Physical Activity Guidelines.....	1
FINANCIAL ASSISTANCE	3
CAMPS	4
FITNESS CENTRES AND PROGRAMS.....	4
ORGANIZED SPORTS.....	5
OUTDOOR RECREATION	9
RECREATIONAL FITNESS	9

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, as you may find it is easier to stick with it when you're exercising with other people.
- ◆ 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) 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.
- ◆ YMCA of Central East Ontario: Offers financial assistance to qualifying residents. For more information call Bill Taunton at 613.966.9622 or visit www.ymcaofceo.ca.

CAMPS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Deseronto Community Centre Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	51 Mechanic Street, Deseronto www.deseronto.ca	
Deseronto Community Centre (Day camps) Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	51 Mechanic Street, Deseronto www.deseronto.ca	

FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Elite Personal Fitness Town of Deseronto Mandi Tisdale 613.396.1651 trainer_mandi@yahoo.ca	51 Mechanic Street, Deseronto www.deseronto.ca	
Moderate Fitness Classes Deseronto Public Library 613.396.2744	358 Main Street, Deseronto www.deserontopubliclibrary.ca	Free Wheelchair accessible All ages Athletic wear, food donation for food bank
Tyendinaga Fitness Resource Centre Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 tyfitness@mbq-tmt.org	14 York Road, Shannonville www.mbq-tmt.org	

FITNESS CENTRES AND PROGRAMS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Various Adult Fitness Classes Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 tyfitness@mbq-tmt.org	14 York Road, Shannonville www.mbq-tmt.org	
Various, Tyendinaga Township Recreation Hall Township of Tyendinaga Mandi Buma 613.396.1944 recreation@tyendinagatownship.com	363 McFarlane Road, Shannonville www.tyendinagatownship.com	

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Briar Fox Golf & Country Club 613.396.2433 briarfoxgolf@gmail.ca	7415 Old Highway 2, Marysville www.briarfoxgolf.com	Wheelchair accessible Rental equipment available
Community Nature Trail Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	Main Street to Dundas Street	
Ball Hockey Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	51 Mechanic Street, Deseronto www.deseronto.ca	
Deseronto & District Minor Hockey Association Mike Hill or Vicky Whalen 613.920.7132 president@ddmha.ca	www.ddmha.ca	September to March

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Deseronto Minor Baseball Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	51 Mechanic Street, Deseronto www.deseronto.ca	
Deseronto Mixed Baseball League Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	51 Mechanic Street, Deseronto www.deseronto.ca	
Power Skating Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	Deseronto Community Centre Arena 51 Mechanic Street, Deseronto www.deseronto.ca	
Shift Hockey Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	Deseronto Community Centre Arena 51 Mechanic Street, Deseronto www.deseronto.ca	
Skating Lessons Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	Deseronto Community Centre Arena 51 Mechanic Street, Deseronto www.deseronto.ca	
Town of Deseronto Peter Hawley 613.354.9915 pghawley@yahoo.ca	51 Mechanic Street, Deseronto www.deseronto.ca	Wheelchair accessible Athletic wear (to start do not need uniform)

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Tyendinaga Lacrosse (skateboard, roller skate, basketball) Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 darlenel@mbq-tmt.org	1935 York Road, Tyendinaga Mohawk Territory www.mbq-tmt.org	
Tyendinaga Territory Youth T-Ball Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 darlenel@mbq-tmt.org	1935 York Road, Tyendinaga Mohawk Territory	
Tyendinaga Territory Youth Soft Ball Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 darlenel@mbq-tmt.org	1935 York Road, Tyendinaga Mohawk Territory www.mbq-tmt.org	
Tyendinaga Territory Beach Volleyball Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 darlenel@mbq-tmt.org	1935 York Road, Tyendinaga Mohawk Territory www.mbq-tmt.org	
Tyendinaga Territory Youth Soccer Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 darlenel@mbq-tmt.org	1935 York Road, Tyendinaga Mohawk Territory www.mbq-tmt.org	
Tyendinaga Township Adult Flag Football League Township of Tyendinaga Mandi Buma 613.396.1944 recreation@tyendinagatownship.com	363 McFarlane Road, Shannonville www.tyendinagatownship.com	Ages 16+

ORGANIZED SPORTS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Tyendinaga Township Youth Soccer League Township of Tyendinaga Mandi Buma 613.396.1944 recreation@tyendinagatownship.com	363 McFarlane Road, Shannonville www.tyendinagatownship.com	Ages 5-16
Tyendinaga Township Adult Mixed 3-Pitch League Township of Tyendinaga Mandi Buma 613.396.1944 recreation@tyendinagatownship.com	363 McFarlane Road, Shannonville www.tyendinagatownship.com	Ages 16+
Tyendinaga Township Adult Mixed Beach Volleyball League Township of Tyendinaga Mandi Buma 613.396.1944 recreation@tyendinagatownship.com	363 McFarlane Road, Shannonville www.tyendinagatownship.com	Ages 16+
Tyendinaga Township Minor Baseball Association Township of Tyendinaga Mandi Buma 613.396.1944 recreation@tyendinagatownship.com	859 Melrose Road, Shannonville www.tyendinagatownship.com	Ages 4-19 Glove
Tyendinaga Territory Youth and Adult Baseball Mohawks of the Bay of Quinte 613.962.2822	1935 York Road, Tyendinaga Mohawk Territory www.mbq-tmt.org	
Waterfront Trail Town of Deseronto Andrew Conger 613.396.3432 aconger@deseronto.ca	Main Street and Water Street	

OUTDOOR RECREATION

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Biking Club Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 tyfitness@mbq-tmt.org	14 York Road, Shannonville www.mbq-tmt.org	
Outdoor Skating and Skiing area Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 darlenel@mbq-tmt.org	1935 York Road, Tyendinaga Mohawk Territory www.mbq-tmt.org	
Tyendinaga Fitness Resource Centre Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 tyfitness@mbq-tmt.org	14 York Road, Shannonville www.mbq-tmt.org	
Tyendinaga Township Recreation Complex Township of Tyendinaga Mandi Buma 613.396.1944 recreation@tyendinagatownship.com	363 McFarlane Road, Shannonville www.tyendinagatownship.com	

RECREATIONAL FITNESS

<i>Who to contact</i>	<i>Location</i>	<i>Extra information</i>
Tyendinaga Fitness Resource Centre Mohawks of the Bay of Quinte Darlene Loft 613.962.2822 tyfitness@mbq-tmt.org	14 York Road, Shannonville www.mbq-tmt.org	