

Staying Active over the Holiday Season



By Robin Norrie

It's getting colder outside these days which means winter is on the way (and Christmas too!). For some of us that means a decrease in physical activity levels. But cold weather and the holidays are no excuse to be inactive. There are lots of great ways to keep active and have fun during the season. Here are some tips:

If you make resolutions, make them early and start working toward your physical activity goals on December 1st; write them on sticky notes as if you've already achieved them: "I walk at least 20 minutes every day and it feels great!" Post them where you'll see them often (try the fridge or your computer). It takes the pressure off and then you feel ahead of the game in January!

Physical activity does not have to be planned, especially if you make it part of your regular routine. Think of all the ways you can be active during your day:

Take the stairs instead of the elevator

Park at the far end of the parking lot and walk

Walk your dog if you have one

Take a brisk walk while you are Christmas shopping at the mall

Take stretching breaks while you wrap!

Walk to your mailbox

Rake the leaves, prepare gardens for winter, shovel the snow

Dance whenever you can

Get up to change the TV channel, don't use the remote

Stretch during TV commercials

On work breaks, take a 5-10 minute walk

Plan a social activity around physical activity. Go cross-country skiing, or snow shoeing, take a winter walk or go skating with friends.

Play in the snow or go tobogganing with your kids. Over the holidays you will both need this time to blow off steam!

Commit to a brisk 10- or

15-minute walk before or after dinner, no matter where you are, at a friend's house or a work function.

On any holiday outing, park farther away from your destination and walk the rest of the way.

Get a pedometer as an early Christmas gift to yourself (they are available at most libraries across the province or from the Heart & Stroke Foundation). Use it to see how many steps you take in a day and aim to increase that number. Your goal should be 10,000 steps a day for good health.

If you're feeling "peopled-out," do something by yourself. Go for a walk, go for a swim, do some yoga. This guarantees some time alone during the sometimes chaotic holidays and helps preserve your mental health.

Keeping up your physical activity will also help offset

the higher calorie intake often associated with the holiday season.

The point is you will feel much better (physically and mentally) if you find ways to be active over the holidays and all winter long. All it takes is a few minutes here and there and little bit of motivation. Even small amounts of movement throughout the day add up. Every little bit counts!

Including both outdoor and indoor activities in your winter physical activity routine will help you stay active and healthy throughout the year—whatever the weather! So enjoy the winter weather AND the Christmas holidays and GET (and stay) ACTIVE! Season's Greetings to all.

Robin Norrie is Fundy Active Community Coordinator and can be reached at: Robin.norrie@gov.ns.ca

Preventing Falls, Staying Mobile



Trish McDermott (left), an Occupational Therapist with the Colchester East Hants Health Authority, presented an informative workshop at Debert United Church on Nov. 24th. Workshop participants learned the benefits of using canes and walkers, along with helpful bathroom and home safety tips. (Harrington Photo)

"Each year, one out of every three seniors will fall." Knowledge is power, and it can also be preventative, when it comes to reducing risk factors that may cause falls.

A workshop held on Nov. 24th at the Debert United Church provided practical information about canes, walkers, scooters, hip protectors and grab bars. The interactive was presented by Trish McDermott, an occupational therapist with the CEH Health Authority, and sponsored by the Department of Seniors and Health and Wellness, Colchester East Hants Ageing Well Together Coalition and the Community

Based Therapy Services. Sixteen people were in attendance, gaining valuable information on how to use various mobility devices.

In Canada, falls cause 65% of all injuries and 90% of all hip fractures to seniors. Seniors who have been injured in a fall are more likely to need nursing home placement.

Workshops such as the one held in Debert provide seniors with useful information to help keep them healthy, mobile and independent.

A spring session is planned for the Parrsboro area. Anyone wishing to attend is asked to call 902-863-5040.

Age of Sail Museum Expansion

Continued from page 1

lessly for years to see this project realized and the announcement was received with great joy. "There will be a phase 3" Ohra states "to see this expansion into completion and the expansion of the retail area of the complex which is integral in enabling the society to generate funds for sustainability."

Ohra also thanked the government representatives as well as Darlene Stevenson from ACOA and Danny Small from Economic Development for their roles as well as CRDA executive director, Rhonda Kelly, field officer's Bernie Murphy and Ron Robinson as well as local municipal councillor Ratchford Merriam.

A warm thank you was also extended to Society Vice President Layton Yorke and all

the board members for their hard work and support and the wonderful community support evident by the more than 30 people on hand for the announcement.

Ohra finished with an invitation to the grand opening. "We all look forward to the grand opening at the start of the 2012 season and invite everyone to join us for the ribbon cutting in the spring".

Leaves for a sponsors tree are being sold to help fund this project. Kerwin Davison has generously agreed to make the tree and leaves can be bought to sponsor the project. For more information contact Ohra 348-2060 or Oralee 254-2079 or email gbsmsageofsail@yahoo.com

Oralee O'Byrne is Curator/Manager Age of Sail Heritage Center and Museum in Port Greville, N.S.



The Age of Sail Museum, Port Greville, has just received over \$250,000 in funding for its Phase 2 expansion. Pictures above are: (L-R) Oralee O'Byrne, Age of Sail Curator; Jude McCall, Age of Sail Director; Ohra Colins, Age of Sail President; Todd McCall, Age of Sail Director; Brian Skabar, Cumberland North MLA; Danny Small, Economic Development; Ken Adams-Curator Fundy Geological Museum, Parrsboro and Walter Lake, Age of Sail Director. (Submitted)



Ohra Colins, Age of Sail Museum, president at the podium during the announcement funding has been received for Phase 2 expansion. Pictured above (L-R) are: Gerald Read, District 1 councillor, Municipality of Cumberland County; Brian Skabar, Cumberland North MLA; Scott Armstrong, Cumberland Colchester Musquodoboit Valley MP, Ohra Colins- Age of Sail President at the podium. Behind Ohra is Ron Robinson-CRDA field officer. (Submitted)

Deadline for the January issue of
The Shoreline Journal is December 13

"THE FARM GATE" 668-2494
7693 Highway No. 2 OPEN DAILY

December Special...

Italian Sausage Meat... \$3.49/lb
While Quantities Last

Time to Order your Christmas Turkey or Ham!

Orders also now being taken for
Grain Fed Free-Run Meatbirds
(available Nov. 25).

ONSLOW MARKET

Seasons Greetings
from the staff
★ Katrina, Krystal & Peter ★

Hot Drinks: Teas, Coffees, and Hot Chocolate

Subs, Wraps, Sandwiches

Movies - New Releases

Open every holiday 10am-9pm

FOR ALL YOUR CONVENIENCE STORE NEEDS

ONSLOW MARKET

1 Onslow Road, Central Onslow, NS B6L 5K3
Ph: 902-893-8739
Mon-Fri: 7 am - 9 pm; Sat and Sun: 9am - 9 pm

MANAGING YOUR WOODLOT ?

WOODLOT MANAGEMENT SERVICES

- Stumpage purchase • (lump sum or piece rate)
- Land valuation and purchase •
- Silviculture • (Planting and thinning)
- Management Plan Preparation •
- Tax and Estate Planning •
- GPS Boundary Line Location •

CONTACT: Earle Miller, RPF
REGISTERED PROFESSIONAL FORESTER
CELL - 899-0593
HOME - 895-7778

BASIN BASICS

OFFICE PRODUCTS

3 LOCATIONS

BASIN BASICS Suite 130, 3667 Strawberry Hill
Halifax, NS B3K 5A8
Phone: 902-453-0005
Fax: 902-453-0009
Toll Free: 1-800-463-1005
ISO 9001:2008

HIGHLAND BASICS 260 Main Street
Antigonish, NS B2G 2C2
Phone: 902-863-4754
Fax: 902-863-1805
Toll Free: 1-800-461-8776

BASIN BASICS 49 Esplanade Street
Truro, NS B2N 5J7
Phone: 902-893-3703
Fax: 902-893-7795
Toll Free: 1-800-565-8283

ORDER DESK:
Truro: 893-3703
1-800-463-1005
Fax: 453-0009
1-800-667-1005

OFFICE SUPPLY ON DEMAND

Proudly Canadian

E-mail: basin@basinstationery.com Website: www.basinstationery.com
Online Catalogue: www.basinstationery.com