



Get Active Fundy!

By Matthew Pryde

Get Active Fundy is a community based physical activity initiative that encourages all Fundy (Colchester County, Cumberland County and East Hants) citizens to be more physically active. There are several partners involved in promoting Get Active and planning around physical activity happenings in the Region. All 9 municipal units, but District Health Authorities, the Chignecto-Central Regional School Board, the Cumberland YMCA and the NS Department of Health Promotion and Protection have all been instrumental in helping Get Active get off the ground.

The idea behind Get Active is that it will become the face of physical activity in the Fundy Region. A website is currently being processed which will include a huge database of physical activity and recreation opportunities throughout the Region, including everything from hiking, to garden clubs, to sports teams. Currently, Get Active Fundy now has a Facebook Page which is up to

date with events coming to the Region, including the Cumberland Winter Festival, the Truro Long John Festival and even a couple of workshops (Google 'Get Active Fundy' to find it).

I'm sure you're asking yourself how you can be a part of the Get Active revolution. Simple, get up and move. Try encouraging schools, workplaces, daycares and not-for-profits to make the health of their employees, students and membership a priority. Become a 'Get Active' organization. With your help, we can turn this inactivity epidemic around!

Always try to remember that even a small amount of physical activity throughout the day will add up. Try taking a 10 minute activity break three times a day to get your 30 minute daily dose, then work your way up to 60 minutes a day. A brisk walk is enough to make you active, so park further away from the doors at the mall, take the stairs and while your kids are playing soccer, walk around the field! Remember, the more you do, the better it is

for you. Would you go a day without brushing your teeth? Why would you miss a day of physical activity?

Keep both eyes open for Get Active in your community. We will be making appearances in many different forms. Posters in the classrooms, display booths at events, brochures in your doctor's office. Maybe you will see a Get Active t-shirt on your neighbour, or a magnet on your mother's fridge. The message and the logo are meant to help you always keep in mind the importance of physical activity in your everyday life. Remember... more people, more active, more often. That, combined with healthy eating and healthy decision in general, is what needs to happen to ensure a healthy future for our kids and grandchildren for years to come.

If you have any questions about the initiative and how you can become involved, please contact me anytime.

Matt Pryde is Fundy Active Communities Coordinator and can be reached at: Matthew.pryde@gov.ns.ca

New Debert Exercise Facility Seeking Members

By Linda Harrington

Looking for a great place to workout at your own pace? The Fundy Shoreline Recreation Association has a new co-ed Circuit/Fitness Program.

There is a variety of hydraulic exercise equipment on site, similar to other fitness facilities, which help you work all the major muscle groups. There are also many other workout aids including exercise balls and workout videos, tubing, hand weights, a bicycle, and tread mill.

The building is located at 36 Ventura Drive on the former Debert Military Base and the home of the Fundy Recreation Association. Membership will include your own key to the building, for easy access when it is most convenient for you.

The decision to purchase the exercise equipment was

made by the Board of Directors for the Fundy Shoreline Recreation Association. This includes Rhoda Dash, Karen Lomond, Michael Taylor and Sue Taylor.

"The reason we did this was not only the benefits of exercise but in the hopes that individuals with younger children would see the benefits of having programs for their children in the area closer to home. We are also wanted to provide this program as an affordable program for everyone. A lot of people cannot afford the prices charged by other organizations," says Sue.

This is an unsupervised program. Participants must be at least 15 years of age and under 18 must be accompanied by an adult.

The membership rates are very reasonable at \$25/month for individuals or \$30/family of 2, with a \$5 fee for each

additional family member. Seniors over the age of 55 will only pay \$20/month and there is a drop in rate of \$3/visit, for those who wish to bring along a friend.

The membership drive is critical at this time, as the Association must determine if there is enough interest to continue to offer this program. Membership fees must meet heating and electrical expenses for the building in order to continue. This requires a total membership of about 50 and currently there are only 30 signed up.

So if you are looking for a local place to work out at your leisure, with a very reasonable fee structure, give the Circuit/Fitness Program a try.

For more information please contact the Fundy Recreation Association at 641-3232 or email at fsra@east-link.ca



Ready and waiting for new members! The Circuit/Fitness Program located on Ventura Drive in Debert is an affordable option for those wanting a place to workout on a regular basis. A membership drive is now on. (Harrington Photo)

March 13th - Incredible Community Brunch

Discover delicious, hearty fare prepared by the Great Village Community Association using local producers product from our own backyard. This is a province wide, local food celebration sponsored by SELECT NOVA SCOTIA.

The Great Village Community Association is

organizing the event at the Great Village Legion March 13th 10am-1pm. For a lovely brunch of local eggs from the Farm Gate, Bacon from Nature Script Farm, Honey from Tony Phillips bees, Blue Berry Muffins with Millens Blue Berries, Strawberry Jam made from Bowers Berries. As a garnish to make your plate look

beautiful, fresh lettuce from The Garden of Bashan in Debert.

We will also have vendors with tables of local baking, preserves, fresh produce and veggies. Support the Community Association by purchasing a bag of turnips donated by Harold Sharpe. Guest Speaker TBA watch for posters in your area.

On the Move Workshop – March 24th

By Matthew Pryde

A free workshop to increase the participation of girls and young women (ages 9-18) in physical activity and sport will be held at the Bible Hill Fire Hall from 1-4 pm on Wednesday, March 24th. Deadline for registering is March 17th.

On the Move is a national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate in sport and physical activity. On the Move is coordinated by CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity.

During this interactive, issue-based On the Move Workshop, participants will:

Learn about the national On the Move initiative, CAAWS, and other exciting initiatives, such as Aboriginal Girls On the Move.

Discuss the value of physical activity and sport for girls and young women, and the

barriers they confront to their participation.

Hear about best practices, successes and challenges from your community, and others across the country.

Discover practical tips and program ideas to engage inactive girls and young women and create positive programs that support their participation.

Network with individuals and community organizations, and discuss collaboration and local action to enhance existing programs or plan something new.





Practitioners, policy makers and volunteers involved in the sport, physical activity, health, education and social service sectors are invited to attend - e.g. municipal recreation staff, coaches, health promoters, teachers, school administrators, staff from friendship centres or settlement agencies, and parents. Workshop participants will receive a complimentary copy of the On the Move






Handbook and other CAAWS resources.

Workshop Facilitator, Tammy Feltmate is the Active Living Coordinator with the Municipality of the County of Antigonish. Tammy believes strongly that to address the epidemic of physical inactivity in our community there is a need to work collaboratively to create inclusive physical activity programs and positive environments that address the unique needs, interests and experiences of girls and young women. Tammy lives in Pomquet, Antigonish County.

For more information about CAAWS and On the Move visit www.caaws.ca. On the Move Workshops have been made possible through a financial contribution from the Public Health Agency of Canada.

To register contact: Matt Pryde, Fundy Active Communities Coordinator, Phone 896-2200 E-mail: matthew.pryde@gov.ns.ca





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