

GO! PEI

GO! MURRAY HARBOUR



***GO FOR A WALK
INSTEAD OF WATCHING TV,
OR HAVE A SALAD INSTEAD OF A COOKIE!***

***LET US PROVIDE THE TOOLS AND THE MOTIVATION YOU
NEED TO LEAD YOU TO A HEALTHIER LIFESTYLE!***

***THE FIRST STEP IS TO SIGN A PLEDGE AND COMMIT TO
TAKING THE NECESSARY STEPS TO IMPROVE YOUR
STATE OF WELLNESS.***

***THIS IS A NEW INITIATIVE SPONSORED BY OUR
PROVINCIAL DEPARTMENT OF HEALTH AND WELLNESS,
AND THE FEDERAL PUBLIC HEALTH AGENCY.***

KICK-OFF IS FRIDAY JUNE 4TH, 10:00 AM

***WE WILL MEET AT RAILHEAD PARK FOR A WALK UP TO
THE COMMUNITY CENTRE.***

***PLEASE COME OUT AND JOIN IN... AND SHARE IN THE
EXCITEMENT!!! THE GOAL IS TO GET THE WHOLE
COMMUNITY OUT... BRING YOUR KIDS, GRANDKIDS,
PARENTS, AND EVEN YOUR DOGS (ON LEAD). HEALTHY
SNACKS WILL BE SERVED AFTERWARDS AT THE
COMMUNITY CENTRE. WE WILL EVEN PICK YOU UP
ALONG THE WAY!***

OVER THE NEXT YEAR WE WILL BE HOLDING THE FOLLOWING CLASSES:

PHYSICAL ACTIVITY 101 – We will hold three 6-week courses designed to provide education and support to anyone wishing to make lifestyle changes or improvements in increasing physical activity levels, including healthy food options. If you haven't been active for a while and want to start, or have tried to be physically active and have had some setbacks, this course will be ideal for you. Each week will focus on a different aspect of assisting you to achieve your personal goal to obtain optimum health and a more enjoyable quality of life. Each week will be broken down into 5 segments including an education portion, group discussions, goal setting for the next 7 days, a short walk and/or energy burst, followed by a healthy snack. Weekly topics will cover:

- Session 1 Why are we here? and setting a goal!
- Session 2 What is physical activity?
- Session 3 How much physical activity is enough?
- Session 4 Healthy eating
- Session 5 Overcoming barriers
- Session 6 Way to Go! and where do you Go! from here?

GO! WALK – Walking is the most popular physical activity on PEI and is a great way to add some additional active time to your day. One of the reasons walking is such a popular activity is because it is one of the most accessible and easy to start activities. For most of us, all that is required is a comfortable pair of sneakers and a commitment to take that first step out the door. Once outside, you can walk anywhere. It can be done along a sidewalk, on a trail, on the shoulder of a road, in a field, on the beach, or through the woods. Join Donna Herring and/or Peter Young for group walks... who knows where they'll take you! Check our calendar and/or websites... www.murrayharbour.com or www.gopei.ca ***Don't miss the Walk for Memories on Sunday, May 30th, from 1:00 to 3:00 at the UPEI Alumni Place. The non competitive walk or 5K run is an awareness and fundraising event for the Alzheimer Society of PEI. This is a wonderful way to be active and show your support.***

GO! HIKE – There are many wonderful hidden scenes on PEI that require you to hike to get there. Hiking is a great way to enjoy nature. As you walk to your destination you can see many beautiful sceneries, you can listen for wonderful outdoor sounds such as song birds, running water, wind in the trees, and you can

smell different scents depending on where you are (right now the lily of the valley is heavenly), you can touch lots of neat and interesting things and occasionally you are able to taste some fruits or vegetables that grow in the wild. In essence, nature tempts all five senses and that's what hiking allows you to do! We are blessed with the Confederation Trail, many community trails, including the newly opened Beck Nature Trail in Murray River, miles and miles of beaches and great pathways and boardwalks. Please check the Island Trails website www.islandtrails.ca for more locations.

GO! BIKE – cyclists of all ages and abilities can feel the joys of cycling. The freedom that most people experience as a child when they “take off” for the first time can still be felt every time you climb on your bike. There is something magical about riding a bike and it is one of the best ways to get around for short trips or pack a lunch and make a family day of it. Not only does it provide you with a great form of exercise, but it is also an inexpensive means of travel, a fun way to spend time with friends and loved ones, and is very environment friendly. If you haven't been on a bike in a while, it is time to dust it off, get it tuned up and head out onto one of the many trails or quiet roads. There are many cycling opportunities across PEI for the recreational or competitive cyclist. What are you waiting for... Check out www.islandtrails.ca and Cycling PEI at www.cpei.ca. ***Come out on Saturday, June 19th, 9:30 a.m. at Railhead Park, Murray Harbour. Join Trail Guides Mike and Bev Lemieux for a Helmet Fitting and Education Session on Cycling Safely on the Trail. Bring the family and enjoy a ride on the trail between Murray Harbour and Murray River... or somewhere in between!***

GO! RUN – Many people who have never run before fall in love with this activity and get “addicted” to it. You could find many stories from runners all over PEI from people of all sizes, ages and physical abilities, on how they started by running a little bit and then eventually were able to run 1 km, and then 5 km, and more. Some of these people were very athletic growing up and use running to keep up their fitness, while others have never run a step in their life, but through commitment, hard work and support, are able to realize their dreams.

There are many reasons why people start, but nearly every runner talks about the good feelings they get, while running, and after they have finished their run. That's what keeps them going. The great thing about running is that you can do it recreationally or competitively. If someone wants to challenge themselves, all that is required is a clock and a set distance to see how they are improving. The other thing about running and runners is that they are a very congenial group and love to cheer on and support their fellow runners!

The West Prince Sports Council have kindly provided us with a **LEARN TO RUN 10 WEEK PROGRAM**. Included in this is a 10-week training schedule, activity log to record your progress, and many helpful hints. As an example, Week 1 starts off like this:

Monday	Walk 3 min brisk, Walk 1 min, Repeat 6 times = 24 min
Tuesday	Off
Wednesday	Walk 3 min brisk, Walk 1 min, Repeat 6 times = 24 min
Thursday	Easy Walk – 30 min
Friday	Walk 3 min brisk, Walk 1 min, Repeat 6 times = 24 min
Saturday	Off
Sunday	Easy Walk – 30 to 45 min

Over the 10 weeks, your time and intensity will increase at a moderate pace, with your final goal being a 5k run at the end of Week 10. Up for the challenge? Sign up on Friday, June 4th after our Community Walk from Railhead Park. Classes will start on Monday, June 14th.

GO! HEALTHY EATING – As much as possible we will aim to provide healthy snacks at all our events, and use local produce throughout the program. Focus will be on fruits/vegetables, low-salt, trans-fat free, whole grain, high fibre, and lower fat choices.

Cooking Classes – Check the websites for cooking classes, most of which will be held in the fall. At the moment, we are looking at classes using local ingredients, focusing on Kids Cooking, Slow Cookers, Cooking for one or two, Canning and Preserving, Traditional Island Cooking, Heart Smart Cooking, The Cancer Connection.

Speakers Bureau – We will also have a series of interesting presentations focusing on healthy living... and basic nutrition... your suggestions are welcome... please let us know what topics you would like to see covered and we will do our best to accommodate.

More information to follow. Please be sure to check www.murrayharbourpei.com and www.gopei.com for calendar of events across the Island. For more information, please contact: Joan Young, Administrator

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(902) 962-3835 – Office Mon & Wed – 10am – 4pm
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Pledge forms and class registrations available at Community Centre June 4th!

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