

NSWalks

Recreation Nova Scotia Conference

Thursday, October 20, 2022

Catherine Driesbeck, Program Manager, Hike Nova Scotia



Funded in part by the
Government of Canada's
New Horizons for Seniors Program



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Ce projet a été réalisé avec l'appui financier de :



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NSWalks



Truro, Cobequid Trail



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Goals of Presentation

To share information and updates on *NS Walks* and how it can benefit your community

Get your ideas on supporting people in your community to participate



ICE BREAKER QUESTION

Are walking groups currently happening in you community?

If there is a walking group, who is participating?

NSWalks

NS WALKS IS A PROGRAM OF HIKE NOVA SCOTIA

- Encourages and promotes hiking, walking and snowshoeing throughout Nova Scotia.
- Formed in 2007 as a registered not-for-profit society
- Offers a wide variety of events, courses, challenges and workshops.
- Engages in advocacy and policy development on hiking issues, striving to keep our great wilderness areas protected.



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Benefits of walking and group walking

- Holistic activity - good for body, mind and soul
- Easy for those currently less active
- Enables social connection and sense of belonging
- Inclusive, accessible
- Decreases social isolation
- Way to make friends



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Canada



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Canada Change Canada



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NSWalks

Program Goal: Provide **social** supports to ↑ opportunities so adults who are less active can enjoy the benefits of walking. *Walking includes all abilities mobility methods

What we do:

- Walking group leader recruitment, training and ongoing support
- Connect Nova Scotians to walking groups in their community
- Work with community organizations to increase walking



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NSWalks

TRAINING OUTLINE

- Benefits of walking and physical activity
- Walking pace
- Practice walk (and bio-break)
- Choosing a safe, accessible route
- Preparing to be a walking leader



St. Margaret's Bay/ Tantallon, Rails to Trails



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NS Walks

Why do we need walk leader training?

- Accessible routes matter
- The pace of the walk matters
- A friendly, inclusive environment matters



Trenton NS Walks Group



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SLOWER PARTICIPANTS SET THE PACE



- Key factor of enjoyment of group members
- Can be the deciding factor for participants returning
- Ways to provide variety for faster walkers
- The slower walkers set the pace



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Halifax, Mainland North Linear Trail

NSWalks

IDEAL WALK ROUTES



- Accessible: Paths easy for all
- Convenient: local to walkers
- Attractive: nice things to look at
- Connected: near local buildings



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NSWalks

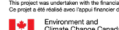


SO FAR...

- Over 300 have attended training
- Most walk leaders are women
- 70% of participants are over 55
- Over 900 people have signed up to join a walk group



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Participant Evaluation

(32 respondents who have been walking with a group)

- 54% reported being more active
- 70% reported improved health
- 45% reported made new friends
- 73% reported having more fun



NSWalks

www.nswalks.ca

We surveyed NS Walks participants and asked them why they joined. Here are their top 3 reasons:

1



MORE ACTIVE

90.91% wanted to be more active

2

MEET PEOPLE

72.73% wanted to meet people



3



BETTER HEALTH

51.52% wanted to improve their health

Joining an NS Walks group can offer these benefits and more! #JoinTheMovement by visiting www.nswalks.ca



Community	Walk Location	Days	Time	Notes
Bedford	Dewolfe Park - 150 Waterfront Dr. Meet by washrooms	Thursdays	10:00 a.m.	
Bedford	436 Broad Street	Fridays	11:00 a.m.	
Bedford	Dewolfe Park, 150 Waterfront Dr. Meet by washrooms	Mondays	6:15 p.m.	
Berwick	Location Varies	Fridays	10:00 a.m.	
Berwick	Spicer Park - 25 Hayden Drive	Tuesdays	10:00 a.m.	
Cole Harbour	Salt March Trail - 256 Bissett Road	Sundays	10:00 a.m.	starting Dec 5
Dartmouth	locations vary Russell Lake, Lake Banook, Portand Hills	Tuesday., Wednesdays, Thursdays	1:00 p.m.	please note new time
Dartmouth	Alderney Landing, meet inside by the Tim Hortons	Saturdays	9:00 a.m.	Starting Nov 27
Florence	Wilson United Church, Pitt Street	Wednesdays	1:00 p.m.	Starting Dec 8
Halifax	Westmount School Playground, 6700 Edward Arab Ave	Mondays	9:30 a.m.	
Halifax	Next to walking trail, near Coco-Cola Plant, parking lot. 20 lakeside Drive	Tuesdays and Thursdays	12:00 p.m.	
Halifax	From 1881 Brunswick Street	Tuesdays	10:00 a.m.	starting Nov 16
Halifax	From Hydrostone Park - corner of Kaye and Gottingten	Tuesdays	11:00 a.m.	Starting Dec 7
Halifax	Mainland North Linear Parkway, Westridge Drive Access	Tuesdays	1:30 p.m.	
Halifax	2408 Harvard Street	Wednesdays	10:15 a.m.	
Halifax	2096 Windsor Street	Wednesdays	11:00 a.m.	
Halifax	Oxford Street at Beaufort Ave	Fridays	11:00 a.m.	
Halifax	Long Lake off Northwest Arm Drive	Tuesdays	3:00 p.m.	New Time
Johnstown	various locations			monthly at this point
Kentville	354 Main Street	Mondays	6:00 p.m.	new location
Pictou		Wednesdays	6:00 p.m.	
River John	Legion - 2506 River John Station Road	Sundays	9:00 a.m.	
Sheet Harbour	Marine Drive Academy	Monday-Thurs	4:30 p.m.	starting Dec 6
Sydney	Open Hearth Park, 190 Ferry Street	Thursdays	10:00 a.m.	
Tantallon/St Margarets Bay	5229 St. Margaret's Bay Raod, Tantallon	Tuesdays	10:30 a.m.	
Trenton	Steeltown Park - 119 Park Road	Wednesdays	10:30 a.m.	
Truro	Cobequid Trail by the Tidal Bore, Robie Street	Mondays	1:00 p.m.	
Windsor	17 Water Street, meet behind Tim Hortons	Thursdays	10:30 a.m.	
Wolfville				coming soon!

NSWalks

We surveyed NS Walks leaders and asked how they have benefited by leading walks. Here's what they said:

1



FRIENDSHIP

"Friendships are blossoming!"

HEALTH

"It's improved my health."

2



3



WALKING MORE

"It has encouraged me to walk more."

Leading an NS Walks group can be a rewarding experience! Register for free virtual training by visiting www.nswalks.ca



Successful Partnerships

- MPALS/Municipalities
- Libraries
- Trails Associations
- Bay Seniors - St. Margarets Bay

Benefits of having an *NS Walks* group in your community

- Chance to reach those who are currently less active and not involved
- This is an inclusive, accessible initiative
- Our walk leaders increase your reach/capacity



Ways to promote the walking groups in your community

The screenshot shows the Town of Berwick website's "Active Living" page. The header features the town's logo and navigation links. The main content area includes a sidebar with a menu of services, a central text block about active living, and a list of links for various programs like "Walks & Trails" and "Garden Project Registration".

TOWN OF BERWICK

Home Contact Us Site Map

You are here: Home > **Walks & Trails** > Community Development > Active Living

Active Living

Berwick, in Partnership with the Province of Nova Scotia Department of Communities Culture and Health and the Western Kings Memorial Health Society has a dedication to healthy active living as outlined through the position of the Active Living Coordinator. This position is designed to promote, daily activity, healthy habits and lifelong movement. The Town of Berwick has many facilities, programs and resources to help attain these goals. Stop by the recreation department if you have questions, or get out exploring the Town and helping promote active living through your daily activities.

- Health Eating Policy (788 KB)
- Active Living Strategy 2017 - 2022 (256 KB)
- Trails Strategy (660 KB)

On the Go!

Weekly Walks - Tuesdays at 10 AM with Joanne & Fridays 10 AM with Councillor Goddard - Take a look at our Social Media to find the routes & they change each week!

AVBL Trails and Tales Packs - <https://www.valleylibrary.ca/trails-tales-family-fun-pack/>

Berwick Garden Project Registration is open [2022_Berwick Garden Project Registration Form \(107 KB\)](#) [2022_Berwick Garden Project Agreement \(135 KB\)](#)

Get the "Dirt" on Composting Session - May 18th 6:30 PM @ Mill St Trail Head

Brittany Brydon, Active Living Coordinator
Ph: 902-538-6000 x4019
bbrydon@berwick.ca

Click to log

The screenshot shows a PDF document titled "RECREATION GUIDE FALL 2022" from the Municipality of the District of Lunenburg. It lists several active programs with photos and descriptions.

RECREATION GUIDE FALL 2022

Municipality of the District of Lunenburg Recreation Dept. TEL: 902-538-3162

ACTIVE PROGRAMS

The registration is required for all programs. All programs subject to change.

WOMEN'S DROP-IN VOLLEYBALL
Join us for a fun, recreational evening of volleyball every Monday night, for all skill levels! Ages 17+.
Monday, 7:00pm - 8:00pm, starting September 12, 2022
Cost: \$1000 (includes gear and court fees)

WOMEN'S DROP-IN BASKETBALL
Recreational basketball for women ages 17+. A great way to stay active and have fun!
Monday, 7:00pm - 8:00pm, starting November 9, 2022
Cost: \$1000 (includes gear and court fees)

RIVER RIDGE COMMON WALK
Fresh air, changing leaves, and winding trails. Be perfect for an afternoon at the park. Walk on a river system to reach playground and walk throughout the beautiful 115-acre property. Approximately 3km of easy/moderate terrain. All ages welcome!
Sunday, November 20, 10:00am - 3:00pm
Free Gift Certificates. Free Bus!
By FREE Donation for PFD kits welcomed

PADDLE WILE'S LAKE
Join us on a casual one-water paddle on Wile's Lake. Bring the whole family or just get comfortable with your paddle partner, once about 100m, we'll be on our way to the 100m water tower. All equipment will be provided, but feel free to bring your own PFD and life jacket.
Saturday, October 15, 10:00am - 1:00pm
Wile's Lake Park, Weymouth
By FREE Donation for PFD kits welcomed

DISC GOLF AT THE MARC
Have you ever heard of Disc Golf? It's a fun, fast-growing sport that's perfect for all ages. It's a great way to get outdoors and enjoy the outdoors. We'll provide you with the necessary equipment to get started.
Saturday, October 15, 10:00am - 1:00pm
Marc's Park, Weymouth
By FREE Donation for PFD kits welcomed

NS Walks
JOIN THE MOVEMENT

NS Walks are looking for people interested in walking groups. We're currently looking for people who are currently less active. We will provide free walk leader training to help you gain the skills and confidence to lead these walks.

Currently, there are two walking groups: New Germany and Berwickville. If you're interested in joining either

GETTING THE WORD OUT

Rack cards are available to help you promote walk groups to your community partners

NSWalks



Are you looking to be more active?

**Join a walking
group in your
community!**

For less active adults to enjoy
the benefits of walking

Everyone is welcome:

Free | All abilities | Friendly

www.nswalks.ca

Group members say they:

- Make friends
- Improve their health
- Have fun
- Feel less lonely
- Enjoy support of walk leaders



"Walking and talking connects us with others and is good for the body and mind."

"NS Walks is the 'book club' of physical activity."

-Colin McCrae & Sally O'Neil

www.nswalks.ca

902-932-6902

walk@hikenovascotia.ca

@hikenovascotia

Special thanks to our partners:



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NSWalks

How you can help

- Promote the walk leader training
- Promote walk groups
- Connect with walk leaders in your community



Tantallon Rail Trail



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How you can help

- Promote the walk leader training
- Promote walk groups
- Connect with walk leaders in your community

NSWalks



Walk leader
virtual
training
session

November 17
9 AM- Noon

Registration deadline:
November 16



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NSWalks

Thank you!

Get in touch anytime

Catherine Drosbeck

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