

Be Safe...Be Seen

When you walk, you need to be seen to be safe.

When walking during the day, wear bright colours. At night, wear light-coloured reflective clothing to be visible. It gives drivers a chance to see you, even at street crossings with crossing signals.

If you walk at dawn or at twilight, be careful. Those are times of the day when drivers have limited visibility, or may have the sun in their eyes.

Physical Activity Resources

A variety of physical activity resources are also available for download on the Lambton Public Health website www.lambtonhealth.on.ca. Examples include Lambton County Walking Programs, Physical Activity Guidelines and Winter Physical Activity Toolkits.

For information on available resources, call Lambton Public Health, 519-344-2057 ext. 2111 or toll-free 1-800-387-2882.



Lambton
Public Health

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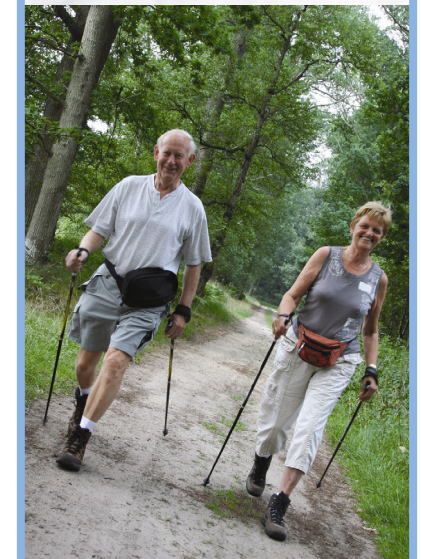
Physical Activity Resources

...available at Lambton Public Health

Physical activity is important for good health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps maintain and achieve a healthy body weight, and will help improve your outlook on life.

For children, regular physical activity is needed for healthy growth and development. When adults are active, it allows daily tasks to be done with greater ease, comfort, and with less fatigue.

Inside, you will find a variety of resources to help you stay physically active.



Nordic Walking

Nordic walking, originally known as **ski walking**, is a physical activity consisting of walking with poles similar to ski poles.

Nordic walking can burn up to 46% more calories than regular walking because you use more muscles.

In addition to toning your body, Nordic walking can help reduce the impact on knees, and increase stability while walking. Learn at www.urbanpoling.com.

Lambton Public Health has walking poles to lend. Call 519-344-2057 ext. 2111 or toll-free 1-800-387-2882.

Geocaching...21st century treasure hunt

Geocaching (Gee-O-cash-ing) is a world-wide, high-tech scavenger hunt game of hide and seek, and the perfect way for your family to discover that exercise is rewarding, and fun.

Lambton Public Health has GPS (Global Positioning System) units for loan to individuals, families, service groups, workplaces etc. on a weekly loan basis.

For more information, call 519-344-2057 ext. 2111 or toll-free 1-800-387-2882.

Mental Health and the Great Outdoors

There is nothing better than the feeling of being outdoors, at any time of the year. While we know physical activity has many health benefits, being active can even reduce symptoms of depression and anxiety.

Explore one of Lambton County's parks or trails to cut stress and improve your mood.

For a map of Lambton County trails, call 519-344-2057 ext. 2111, toll-free 1-800-387-2882, or visit www.lambtongis.ca/lambtontrails.

Snowshoeing

If you can walk...you can snowshoe; that's how easy it is. By now you know snowshoeing is a winter sport that requires the person to wear specially designed gear on their feet. Snowshoes distribute the weight, and allow you to walk on snow without falling through.

Not only is it a great way to avoid the winter blues, you can burn up to 800 calories an hour.

For more information, or if you would like to try snowshoes, call 519-344-2057 ext. 2111 or toll-free 1-800-387-2882.

Walk into Health

What is a pedometer?

- It counts the steps you take
- Easy to use
- Motivates you to keep active
- Worn on your waistband, at your hip



Before you buy one, try it out. All 26 branch libraries in Lambton County have pedometers to loan.

Check library locations online at www.lclmg.org or call Lambton Public Health at 519-344-2057 ext. 2111 or toll-free 1-800-387-2882.

Lambton Public Health also offers pedometer lending kits for loan to community groups, schools and workplaces.

Walk This Way

If you are 20 years of age or older, and want to become more active, Walk this Way is a self-help kit that can help you add more walking to your daily routine.

For a FREE copy of Walk This Way, call Lambton Public Health 519-344-2057 ext. 2111 or toll-free 1-800-387-2882.