

MAKE YOUR MOVE FOR LEISURE

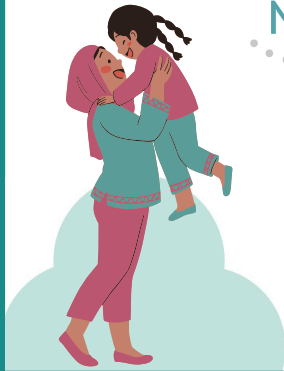


QUICK TIPS FOR ACTIVE LEISURE – OUTSIDE

- Hit the nearby trails to walk or wheel – try joining an NS Walks walking group, or walk a dog (your own or a friend's)
- Get involved with outdoor activities such as hunting, archery, fishing, foraging, beach-combing, camping
- Try something new: swimming in a lake or ocean, kayaking, stand-up paddleboarding or snowshoeing
- Connect with nature: try bird-watching, take your camera for a photo walk, gather bits of nature to make art with, create a scavenger hunt or do a community clean-up
- Visit a U-pick farm
- Take an evening walk to star-gaze, or walk around your own community after dinner (helps with digestion!). Ask your neighbour to join you
- Enjoy active play with your kids, friends and family



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QUICK TIPS FOR ACTIVE LEISURE – INSIDE

- Get in the habit of doing a few stretches before bedtime and when you get up in the morning
- Put on your favourite music and dance – invite the whole family
- Get creative with painting, drumming, arts and crafts
- Try some yoga (you'll find lots of free videos online!)
- Break up sedentary screen time by adding up to five minutes of activity between each task or episode. Try:
 - rolling your shoulders
 - stretching
 - marching or skipping on the spot
 - doing squats
 - doing heel raises
 - having a mini dance party
 - climbing a few flights of stairs

