

Media Advisory

Note to Editors

April 26, 2023

May 10 Walk Day highlights benefits of walking groups

Weekly walk group participants report they're more active and social and having fun

On May 10 Hike Nova Scotia and partners across the province will gather to celebrate walking and how it connects us to our communities and to each other. There are 55 group walks taking place in communities across the province from sunup to sundown.

“Walking or wheeling is a safe and enjoyable way for anyone to get more physically active. Most of the health benefits of physical activity can be achieved from walking. People who walk in a group have the added benefit of social connections in addition to healthier bodies and minds,” says Dr. Robert Strang, Chief Medical Officer of Health in Nova Scotia.

Nova Scotia Walk Day is being organized by Hike Nova Scotia's NS Walks program, which aims to help less active adults enjoy the benefits of walking through group walks.

Catherine Droesbeck, Program Manager with Hike Nova Scotia, says its participant surveys have shown group walks help. “86% of participants said they are more active, 80% said they have increased social connections and over 75% had more fun than before they began walking in a group. It's a win-win all around!”

Provincial Event details:

Date: Wednesday, May 10, 2023

Time: 12 noon

Location: Outside Province House, 1726 Hollis Street Halifax

Highlights:

- NS Walks volunteer walk leaders, participants and the public are welcome
- A brief welcoming address by MLA Nolan Young
- A 20-minute group walk to the waterfront, warm-up by Zoomers Physiotherapy
- Light refreshments
- RSVP is appreciated at (902) 483-2813, walk@hikenovascotia.ca

Regional events: Regional events are also taking place. Please contact us for details on an event close to you. Local contacts are available for interviews.

More information or to RSVP: Catherine Droesbeck, Hike Nova Scotia, (902) 483-2813, walk@hikenovascotia.ca.