



*Move more* is an 8 week program that addresses the core components of healthy, active living and encourages inactive adults to increase their daily physical activity. Through the *Move more* program, participants will:

- discover the importance of adopting a healthy, active lifestyle
- identify all the physical activity people already do, and the ways they can fit physical activity into their daily life
- explore the recreational opportunities available in their community

Most people are very busy with home, family, career and volunteer responsibilities, and are unable to achieve the daily recommended amount of physical activity. *Move more* is designed to help adults break down their barriers to physical activity, get started, and be inspired to learn and do more. *Move more* is carried out over 8 sessions, which tackle the **following themes**:

- **Session 1:** Introducing Physical Activity into Your Life
- **Session 2:** Breaking Down Barriers to Activity
- **Session 3:** Activity Myths
- **Session 4:** Motivation & More
- **Session 5:** Stress
- **Session 6:** Activity & Good Health
- **Session 7:** Self Esteem
- **Session 8:** Discovering Community & Physical Activity Opportunities

The pillar of the program is the **fun physical activity sampling** that occurs during the weekly sessions. On the first day of the program, the group of participants, with the help of their certified *Move more* leader, will decide on the activities they would like to try within their community. In each session, the group will then sample one of these activities. This enables participants to try something new while also learning about the activities that are available in their community!

Here's a sample of activities from the George Dixon Centre's *Move more* program that took place in the HRM in 2006:

- **Session 1:** Motivational Speaker & Group agrees to rest of program
- **Session 2:** Visit to Aerobics First for "proper foot wear" talk, stretches, local walk
- **Session 3:** Yoga at George Dixon
- **Session 4:** Water aerobics at Needham pool
- **Session 5:** Geocaching at Fort Needham
- **Session 6:** Circuit session at Nubody's Park Lane
- **Session 7:** Tai Chi at the Halifax Tai Chi Society
- **Session 8:** Canoeing at St. Mary's Boat Club
- **Session 9 (BONUS):** Group wants to get together one last time. "Walk and Talk" led by professor and historian to visit archaeological dig sites in North End Halifax

The *Move more* program can be run in a variety of settings, including parent education centres, workplace wellness initiatives, fitness facilities, recreation centres, local community halls, seniors centers, and hospitals. To be responsive to the participants' needs, there is flexibility in the content and delivery of the course. As well, this course has been highly subsidized to keep registration costs low and to facilitate access to all populations.

**UPCOMING EVENTS:**

**Yarmouth** – Leader Training Workshop, March 27

**Municipality of St. Mary's** – Leader Training Workshop, Date TBD

**Provincial** – Leader “Refresh” Workshops, March 25 (9am – 12pm) and March 31 (1 – 4pm)

For more information on the *Move more* program, courses offered in your area, leader training workshops, or becoming a *Move more* provider, please contact Dave Morgan at Recreation Nova Scotia by e-mail: [dmorgan@recreationns.ns.ca](mailto:dmorgan@recreationns.ns.ca); or by phone: (902) 425-1128. You can also check out the website at <http://www.recreationns.ns.ca/movemore>.

Remember, let's get active and *move a little more!*

