

Get Active Rossburn for Health's Sake!
 Funding support provided by the Manitoba Government. Trail development work was done by community volunteers.



ROSSBURN FITNESS TRAILS



Health Facts

Physical activity strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight, and improves your outlook on life.

Trail Legend

<p>Bear Trail 1.7 KM</p> <p>Discover Rossburn</p>	<p>Memory Trail 1.78 KM</p> <p>Discover Rossburn</p>
<p>Activity Trail 2.55 KM</p> <p>Discover Rossburn</p>	<p>Centennial Trail 4.3 KM</p> <p>Discover Rossburn</p>

Health Facts

A person weighing 200 lbs (95 kg) walking at 5 km per hour (3 miles per hour) for 20 minutes will burn 104 calories on average. This is about the length of time it takes to walk the Bear and Memory Trails. But increase that speed to 6.4 km per hour (4 miles per hour) for 20 minutes and calories burned increases to 144 on average. Combine physical activity with healthy eating to feel healthier, increase energy and improve muscle tone.

As a bonus, whether walking, jogging or cycling, you will have time to clear your mind and feel less stressed.

Town of Rossburn Fitness Trails

better health | improved fitness | better posture and balance | weight control
 higher self-esteem | stronger muscles and bones | feeling more energetic
 relaxation and reduced stress | continued independent living in later life

Health Facts

Exercise has many psychological and emotional benefits:

- **Gain confidence.** Meeting exercise goals or challenges—even small ones—can boost your self-confidence.
- **Take your mind off worries.** Exercise is a distraction that can get you away from the cycle of negative thoughts that feed anxiety and depression.
- **Get more social interaction.** Just exchanging a friendly smile or greeting as you walk around your neighbourhood can help your mood.
- **Cope in a healthy way.** Doing something positive to manage anxiety or depression is a healthy coping strategy.

How Much Activity Is Enough?

Children age 5-11: 1 hour / day of moderate* to vigorous** activity.

Youth age 12-17: 1 hour of activity every day, and vigorous activities at least 3 days / week.

Adults: 2.5 hours a week of moderate* to vigorous** activity broken into sessions of ten minutes or more.

Let's Talk Intensity!

* **Moderate physical activities** will cause people to sweat a little and to breathe harder—activities like brisk walking and bike riding.

** **Vigorous physical activities** will cause people to sweat and be "out of breath"—activities like jogging and cross-country skiing.



