

## Find Your Favourite Activity...And Schedule It!

Stop thinking that “working out” is something you have to do.

Just be intentional in scheduling activities you enjoy doing!



	Tips	Helpful Links
Adult Sports	I have not personally tried, but Brant County has Pickleball, Volleyball, Flag Football, Ball Hockey, and Soccer.	<a href="#">Brant Community Services Guide</a>
Biking	<p>The rail trail is a level and safe way to bike. We enticed/bribed the kids by biking to an ice cream shop. Paris, Glen Morris, Cambridge, Simcoe all have great spots to grab a cone, and then bike back.</p> <p>Try a mini duathlon (run-bike-run). Registering for an event is a great way to keep yourself committed to a goal. (I'm not a swimmer so triathlons are not in my cards).</p>	<p><a href="#">Map of Local Rail Trail Routes</a></p> <p><a href="https://www.brant.ca/en/recreation-and-parks/hiking-and-cycling.aspx">https://www.brant.ca/en/recreation-and-parks/hiking-and-cycling.aspx</a></p> <p><a href="https://raceroster.com/series/2024/82222/2024-multisport-canada-triathlon-series">https://raceroster.com/series/2024/82222/2024-multisport-canada-triathlon-series</a></p>
Bouldering/ Rock Climbing	A friend enjoys doing this with her boys.	<a href="https://www.conquerclimbing.ca/">https://www.conquerclimbing.ca/</a>
Dance	Check out adult dance classes at C.O.R.E Dance Project. Very fun. Follow on Instagram for most up-to-date schedule	<p><a href="https://www.instagram.com/corestrongertogether">https://www.instagram.com/corestrongertogether</a></p> <p><a href="https://coredanceproject.com/">https://coredanceproject.com/</a></p>
Fitness	<p>I love going to the gym. The Fit Effect has vast selection of machines, classes, and personal trainers (pick me 😊) that will help you find your groove.</p> <p>If the gym isn't for you...</p> <p>C.O.R.E Dance Project has great fitness classes (see link under Dance)</p> <p>I highly recommend the FitOn app. It has a huge library of free workouts for all levels.</p> <p>Beach Body online fitness programs are also fantastic!</p>	<p><a href="https://thefiteffectparis.ca/">https://thefiteffectparis.ca/</a></p> <p><a href="https://fitonapp.com/">https://fitonapp.com/</a></p> <p><a href="https://www.beachbody.ca/en/product/fitness_programs/homepage.do">https://www.beachbody.ca/en/product/fitness_programs/homepage.do</a></p> <p>Coach Cindy Schooley: <a href="https://www.facebook.com/cindyannschooley">https://www.facebook.com/cindyannschooley</a></p>

Golf	There's nothing like the setting of a golf course. I get to golf with a dear friend weekly in the summer. And Friday night 9 & Dines make for a great date night. I have joined leagues in the past which are a good way to book it in the calendar. Look into some lessons to increase your confidence (and lower the frustration).	The <u>Golf North</u> group of courses are good to try in the area: Burford, The Oaks of St. George, Brant Valley.
Hiking	My #1 outdoor activity. I highly recommend the All-Trails app. It will show you some great hikes, no matter where you are! It tells you length, elevation and of course peer reviews.	<a href="https://www.alltrails.com/">https://www.alltrails.com/</a>
Hockey	I grew up dancing, so very new to hockey. There's a great league for beginners at the Brant Sports Complex	<a href="https://womensicehockey.ca/">https://womensicehockey.ca/</a>
Tennis	The Paris Tennis Club offers fantastic lessons.  Tennis courts are open for the general public use in Burford & Mt. Pleasant. Key purchase is required through the county for the Paris and St. George courts.	<a href="https://theparisclub.ca/lessons/">https://theparisclub.ca/lessons/</a>  <a href="https://www.brant.ca/en/recreation-and-parks/tennis-courts.aspx">https://www.brant.ca/en/recreation-and-parks/tennis-courts.aspx</a>
Trampoline	Great family activity.	<u>Flying Squirrel Hamilton</u>  <a href="https://www.skyzone.com/ca-kitchener/">https://www.skyzone.com/ca-kitchener/</a>