

# Be Active

## How to get started

You don't have to spend hours at the gym. Minimize the time you spend sitting or lying down each day to increase your health and wellbeing.

Keep it simple by:

1 – Increasing your activity level gradually. Begin with simple activities such as walking, gardening or small household tasks.

2 – Take a short 10 minute walk around the block in the morning, at lunchtime, and when you return home from work.

3 – Whatever activity you choose, make it enjoyable so you continue.

4 – Work out a regular routine for being active.

5 – Don't forget that every step counts, and it is even better when stairs are involved.



Get active at the Dr. Duncan Murray Recreation Centre where you can find drop-in skating, swimming, bouldering and courts to get you moving.

Find a list of programs and activities in the [Recreation and Leisure Guide](#).

There are many choices in Hinton to keep you active, from walking to cross country skiing.

Check out all the recreational opportunities in the [Hinton Community Directory](#), or start something new in our community!

**Our minds and bodies are connected. What we do with our bodies has a powerful effect on our mental wellbeing. Regular physical activity helps prevent and reduce symptoms of depression, anxiety and stress.**

Enjoy Hinton's more than 30 kms of multipurpose, mountain view recreation trails that connect to creeks, lakes, playgrounds and other community points of interest. You can see the trails [here](#).