



# Walking - a first step! Promoting Nova Scotian's Getting Active on HRM Trails



- The facts are clear that access to multi-use trails close to home:
  - Reduces carbon footprint to access an outdoor activity
  - Increases activity
  - Promotes community
  - Contributes to making HRM a place of choice to live





They come from away, they  
bring their children, they run,  
they listen to nature talks,  
they enjoy the river.....we  
have made some progress....



Nice picture  
of sackville  
river here







# Halifax Regional Trails Association believes in people being active and outdoors



Over 10,000 school children in  
HRM – We are working with the  
HRM Regional Plan – meeting  
and growing a need!







Volunteers with HRM □ \$2.5 million for trails; 6 bridges, (4 across Sackville River)...making progress.





# Doctor's NS point out obesity rates....







The Sackville Rivers,  
Second Lake  
Regional Park and  
Friends of First Lake  
organizations, all  
members of HRTA,  
request your support  
through HRM  
Council for funding in  
2011



Insert a beautiful  
picture here....or  
two











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